



Advice following Trabeculectomy surgery

Eye clinic



01935 475 122
yeovilhospital.nhs.uk



The plastic shield

The plastic shield and eye pad over your eye will be removed the following morning in clinic. However, you should wear the shield at night for three weeks to stop you touching or rubbing your eye while you sleep. The shield can be cleaned with soap and water.

On the day of surgery

You may experience pain and discomfort once the anaesthetic has worn off. You can take your usual painkillers or you can take pain relief such as Paracetamol and Ibuprofen, do not exceed the dose stated on the packaging. Carry on with your usual medication including Aspirin and Warfarin, unless advised otherwise.

After surgery

Your vision may not be clear for a few days. This procedure will not improve vision unless you have had Cataract surgery at the same time - its purpose is to prevent sight loss in the future.

Your eye may be sensitive, itchy, feel gritty and red for up to two weeks following your surgery.

Eye drops

You will be prescribed new eye drops to help prevent infection and inflammation. Use as prescribed, commencing the day after your operation.

Any previous Glaucoma eye drops will no longer be needed for the operated eye only.

- Wash your hands thoroughly before using the eye drops
- Unscrew the cap of the bottle/ dropper and place it on a clean tissue
- Tilt your head back and gently pull down the lower eyelid to form a pocket
- Squeeze one drop inside the pocket formed between the lower lid and your eye, making sure the nozzle does not touch your eye, the skin around the eye or your fingers (to avoid contamination)
- Close your eyes for 30 seconds
- Press gently on the inner corner of the eye (tear duct) with your finger for one minute
- Carefully blot away any excess liquid that falls on your cheeks
- Replace the cap
- If more than one eye drop is prescribed, leave approximately a five minute interval between each application. This stops the first drop from being diluted or washed away
- If you are unsure if a drop has successfully gone into your eye, add another drop
- Keep the bottle closed in a cool, dark place (unless otherwise advised).

Continue with previously prescribed eye drops in your **non operated eye only**

If your eye becomes sticky, bathe the eye lid with cotton wool soaked in cooled, boiled water

Glasses: There is no need to change your glasses straight away, but some patients will benefit from updating their glasses sooner than they normally would, though it's best to wait for two to three months while things settle, your ophthalmologist will advise you

Activities: You should be able to continue most usual activities including gentle exercise and work without damaging your eye, but you will need to be very careful because your vision in the operated eye will be poor

- Avoid running water over the eye (showering and washing hair) for a few weeks.
- Do not wear eye make-up until advised by your Ophthalmologist
- You can use your eyes (for reading, television, computers etc.) as soon as you wish - this will not harm your eye
- Gentle exercise (walking) is fine, but you should expect to avoid strenuous exercise (running, ball sports, fitness workouts), strenuous work, lifting heavy objects and gardening for two months after the operation
- Swimming or immersing the eye should be avoided for at least one month
- Bending with your head below waist level for extended periods of time (activities such as bowling and yoga) should be avoided for at least one month
- Avoid dusty, dirty environments

Driving: At your post-operative clinic appointment you will be advised on

your driving. Please do not drive until your doctor feels it is safe to. Look at your vehicle insurance policy about any clauses on eye surgery prior to driving.

Holidays: It is best to avoid planning any holidays within the two months following the operation. The first two months after the operation are very important for checking the eye and for carrying out adjustments. Most of these adjustments are minor and will be done as part of the outpatient visit.

Work: Most people can return to an office- based work after two weeks, though sometimes longer is needed, however, you may need to be able to instil eye drops every two hours (excluding bed time hours) for up to six weeks following surgery. Your ophthalmologist will advise you.

Seek medical advice as soon as possible if you experience:

- Discomfort that continues for more than three days
- Increasing pain
- Swelling around the eye
- Any discharge from the eye
- A sudden deterioration or loss of vision
- Increasing redness in your eye
- Any new floaters, flashes of light or changes in your field of vision

Follow-up: You will need to return to the hospital the day after your surgery. You will require several clinic reviews over the next two months. The exact timing of these will depend on how the eye is settling down.

For additional advice regarding your next or future appointments please call the admissions officer on 01935 384 565

If you have any concerns please contact the following

**Eye Clinic at Yeovil Hospital
8am-5pm Monday-Thursday
8am-1pm on Fridays
01935 384 309**

Mobile Triage team: 07584 312 399

**Out of hours
Contact the Emergency Department
01935 384 355**

If you need this leaflet in another format, eg. large print or a different language, please ask a member of staff.

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