

## INSTRUCTIONS FOLLOWING GLAUCOMA SURGERY (Trabeculectomy, Tube Shunt, or Xen Gel Stent)

Until you are seen by your surgeon at their Eyesight Ophthalmic office:

1. Do **NOT** remove your eye patch, unless otherwise directed.
  - a. Eye protection is recommended outdoors (sunglasses or glasses) and at bedtime for **6 weeks**. Use your own discretion when indoors. Your surgeon assures you that no harm will come to your eyes if you choose to wear your "old" glasses.
    - i. Daytime –glasses or sunglasses
    - ii. Bedtime/Naps – Eye Shield
2. You can bathe, shower shampoo hair, dye, or dry your hair, **BUT please do not let water go directly in your eye.**
3. **NO swimming** underwater for 6 weeks.
4. **No eye makeup** for 6 weeks.
5. **YOU MAY** travel in an airplane, read, and watch T.V.
6. **YOU MAY NOT** bend over to put on shoes, socks, or pick up things for **6 weeks**.
7. **YOU MAY NOT** lift more than 10 lbs for **6 weeks**.
8. **YOU SHOULD** sleep on your back, if possible.
9. Please refrain from any vigorous physical activity that might increase your chances of falling and hitting your "operated" eye (such as skiing, skating, tennis, etc.) for **6 WEEKS**. It is okay for you to take a walk as long as you are wearing eye protection. If you are unsure, please ask.
10. **Your vision will most likely be blurry the day of surgery and it may take several weeks for your vision to clear.** You may also need new glasses to improve your vision.
11. It is not unusual to experience watering, a foreign body or a scratchy sensation for the first few weeks after surgery as the eye heals. It will improve with time. While it is okay to use lubricant eye drops, i.e. "artificial tears", please **do not begin using them until at least 1 week after surgery.**

**PLEASE CALL THE OFFICE AS SOON AS POSSIBLE** if you experience sudden intense pain or a dramatic change of vision in the "operated" eye. If you call after hours, leave a message in our Emergency Voice Mailbox. If we do not call back within 30 minutes, then call 603-964-9192 and let the answering service know you have just had surgery. We are on call 24 hours a day and will call you back as soon as possible.

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## **Anesthesia Discharge Instructions**

You have received anesthesia to help you relax/sleep during your procedure. After anesthesia you may be sleepy and lightheaded for several hours.

### **Follow these instructions:**

- Make sure a responsible person stays with you today, and overnight for your safety
- Do not drink alcohol, drive, or operate machinery for 24 hours
- Do not make any important decisions, or sign legal documents for 24 hours
- Avoid making purchases or doing business on the internet for 24 hours
- Go directly home, and rest quietly today
- Return to activities as directed by your surgeon
- Start your diet with liquids and light foods, and progress to a regular diet, if not nauseated
- Resume home medications, unless otherwise instructed by your surgeon
- Call your doctor if you experience prolonged vomiting, difficulty breathing, dusky skin color, excessive sleepiness, or any other concerns
- **Stop smoking.** No matter how long you have smoked, quitting now will help you breathe easier. Smoking has been linked to lung cancer, irritation, and damage to the lining of the lungs.
- Please call your doctor if you have any of the following:
  - Shortness of breath
  - Difficulty breathing
  - Exercise or activity intolerance
  - Swelling of the legs, feet, or abdomen
  - If you have a sudden weight gain of more than 3-4 pounds in 1-2 days