

How to Care for Yourself at Home



UHN

Information for Patients After Cyclophotocoagulation (cy-klo-fo-toe-co-ag-u-LA-shun)

What was done during surgery?

Cyclophotocoagulation is a type of laser eye surgery. A laser light is pointed at the part of your eye that makes fluid inside your eye. After surgery, your eye will make less fluid. This helps to lower the pressure in your eye. Less eye pressure may prevent further damage and loss of vision from glaucoma.

How will I feel after surgery?

These symptoms are normal and will slowly get better:

- Your eye will be sore. Your eye may ache and feel like there is something in it.
- Your eye may be red and teary.
- Your eye may be sensitive to light.
- Your vision may be blurry for up to 6 weeks.

Your eye will take 6 to 8 weeks to heal.

How do I relieve the pain?

If the pain is bad:

- Take 1 or 2 extra-strength (500 mg) acetaminophen tablets (Tylenol®) every 4 hours if there are no allergies.

OR

- Take the pain pills prescribed by your doctor.

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What can I eat and drink?

When you feel hungry, you may eat and drink as usual. **Do not drink alcohol for 24 hours** after surgery.

What activity can I do?

You can do most of your usual activities right away. **Do not drive or operate a motor vehicle until your doctor tells you it is safe to do so.**

How do I care for my eye?

Eye drops

- Your doctor will give you a prescription for new eye drops. Take the prescription to a pharmacy and get it filled right away. Not all pharmacies carry these drops. You can get them at the hospital pharmacy on the first floor, across from the main Information Desk. **Start using the new drops as soon as you get home.**
- **Continue to use your glaucoma drops in both eyes, including your operated eye,** unless your doctor gives you other instructions. (These are the drops you used before surgery.)
- Always wash your hands with soap and water before putting drops in your eyes.

Protect your eye

- Do not touch or rub your eye. Gently wipe away any tears or blood with a clean tissue.
- Wear your regular glasses during the day. Wear sunglasses when you go outside.

What problems should I watch for?

Call **416-340-3155** and ask to speak with the Ophthalmology Resident (Eye Resident) on-call or go to Toronto Western Hospital Emergency Department if you have any of these problems:

- there is a lot of discharge from your operated eye
- the pain in your operated eye gets worse

When do I see the doctor?

You need to see the doctor within 1 week of your surgery. Bring your eye medications with you to all of your appointments.

