

After Glaucoma Surgery

For patients going home after day surgery

Read this brochure to learn more about:

- How to take care of your eye after surgery
- Problems to watch for
- What activities are safe to do
- How to cope with pain
- When to see your surgeon for a follow-up visit



You have had an anesthetic or narcotic medicine.

- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



Why do I need this surgery?

Glaucoma can cause pressure in the eye. To relieve this pressure, the surgeon creates a new passage in the eye where fluid can drain.

What can I eat and drink after my surgery?

You can go back to eating and drinking what you normally would. Slowly start by having fluids and soup on the day of the surgery. Then return to your normal diet the next day.

If you are feeling nauseated (sick to your stomach) or you are vomiting, you can:

- Get anti-nausea medicine from your local pharmacy without a prescription (such as Gravol, taken as a pill or rectally). Always follow the instructions on the package.
- Keep drinking fluids until the nausea passes. Slowly return to eating your usual meals.

How much activity is safe?

Rest for the first evening after your surgery. Then you can do most of your usual activities again.

You can read, watch TV, use a computer, shave, sleep on any side, go for walks and ride in the car.



Things you should NOT do:

For the 1st month after your surgery

- Do not take part in tiring physical activities or sports, such as: swimming, jogging, aerobics or gardening.
- Do not have sex.
- Do not bend or stoop (do not lower your chin below your heart). It is safe to bend at the knees as long as you keep your head straight up.
- Do not do anything that would put pressure or strain on your eye. Do not cough or blow your nose a lot.
- Avoid straining when you have a bowel movement.
- Do not lift anything heavier than 5 kilograms (or 10 pounds).

Your surgeon will tell you when you can play sports again, drive a car, or go back to work.

How do I take care of my eye?

- Start the new eye drops that have been prescribed for you as soon as you get home unless your eye is patched.
- It is normal for your eye to be red, blurred, uncomfortable, sensitive to light and teary after this surgery. These symptoms are normal and will get better.
- Your vision will be blurred and may take up to 6 to 8 weeks to heal. There may be some blood mixed with tears in your eyes. This is normal. Gently wipe away any tears and/or blood with a clean tissue.
- Wear your glasses during the day. Wear sunglasses when you go outside.
- At night, wear the plastic shield until the surgeon tells you it is safe to stop (usually 1 week). The shield protects your eye.

When can I take showers or baths? How do I wash my eye?

- You can shower or bathe 24 hours after your surgery. However, do not get water in your eye for at least 1 week.
- Use a clean washcloth and warm tap water to wipe your lashes or the corner of your eye.

How can I cope with pain?

It is normal to have pain after this surgery. The pain should get better in a few days to weeks.

If your eye is uncomfortable, take the medicine that was prescribed to you by your surgeon, or take Tylenol Extra Strength and follow the instructions on the bottle.

Do not take Aspirin (ASA), other blood thinners or anticoagulants unless your surgeon has told you it is OK. If you take Aspirin, other blood thinners or anticoagulants every day, ask your surgeon when to restart it.

What if I am constipated?

To prevent constipation:

- Drink 3 to 5 glasses of water every day. Each glass should be about 8 ounces.
- Eat foods that are high in fibre such as bran and fruit.
- If you have not had a bowel movement for 3 days, take a laxative like Milk of Magnesia and follow the instructions on the bottle. You can buy this from your pharmacy without a prescription.

How to use your eye drops

- Follow the instruction calendar your surgeon gave to you.
- Not all pharmacies carry the new eye drops prescribed to you. There is a pharmacy on the 1st floor of Toronto Western Hospital. You can usually buy them there.
- Start using your new eye drops on your operated eye as soon as you get home unless your eye is patched.
- If you were using eye drops in the eye that was not operated on, you need to continue putting them in that eye.
- Always wash your hands with soap and water before putting drops in your eye.
- Bring your eye drops with you to all of your appointments.



Problems to watch for

Call your surgeon or your family doctor or go to the Toronto Western Hospital emergency department if any of these problems below happen to you. If you are from out of town, go to the nearest emergency department.

- Pain that does not get better after taking the pain medicine
- Redness in the operated eye that does not go away
- A gush of fluid or pus from your operated eye
- Vision loss or no vision in the eye that was operated on
- Nausea or vomiting that continues for more than 8 hours and does not go away after taking anti-nausea medicine, such as Gravol

My follow-up visit

Your surgeon will see you in the office the day after your surgery, unless you were told differently. If you do not have a follow-up appointment, call the office to schedule one. Please bring your health card (OHIP card) to all your hospital visits.

- Dr. Schlenker
Phone: 416 603 5682
TWH East Wing – 6th floor (Room 405)
- or
- 416 928 1335, Kensington Eye Clinic
340 College Street



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