

Advice to Patients

Glaucoma Surgery

June 2017

What is Glaucoma?

Glaucoma is an eye disease where the optic nerve at the back of the eye is harmed. As the optic nerve links the eye with the brain, damage to it means damage to your eye sight.

Reducing eye pressure protects the nerve and thus protects the sight. This can be done with glaucoma eye drops, laser treatments or sometimes an eye operation. All these treatments aim to bring down the pressure (IOP) in the eye.

What must I do to care for my eye and help it to heal after glaucoma surgery?

- You will usually have an eye pad over your eye for the first night and this will be removed the next day.
- Wear the clear plastic shield given to you at night to protect the eye from accidental rubbing. In daylight wear sunglasses, for protection and to help with bright lights or glare.
- Avoid rubbing or pressing on the eye.
- You can shower and shampoo your hair the day after surgery, but try to keep water and shampoo out of the eye.
- Do not lift anything heavy (full shopping bags, wet clothes or young children), drive a car, play sport or use heavy machinery, until your doctor says that the eye is recovered enough, to get back to normal activities.
- Do not start sporting activities until your doctor says it is safe to do so.

Make sure you check these before you leave the hospital

- If you work, ask your doctor when you can return to work. Make sure you have a **medical certificate** before leaving the hospital.
 - If you take **aspirin**, or any medicine that thins the blood, ask your doctor when you can start to take this medicine again.
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- Before leaving the hospital, make sure you or your family know when you need to come back for your next doctor's **appointment**.
- Ask your doctor at each appointment about what eye drops you should be taking.
- Have the nurse watch you put in your eye drops. They can help you if you cannot put your drops in correctly.

After going home, when should I seek help?

It is very common for your eye sight to be more blurry after your operation. It can take up over six months for your eyesight to get better.

S = does the room light hurts your eyes, or you need to wear **sunglasses** inside the house

V = your eyesight (**vision**) has got worse (cloudy/blurred) since your last appointment.

P = your eye is very **painful** and the pain is not relieved by pain tablets.

If you have severe eye pain seek medical **help as soon as possible**

If you notice one or more of these things after your surgery, please ring Sydney and Sydney Eye Hospital on **(02) 9382 7111** and ask to speak to an eye doctor or nurse for advice.

For further information on glaucoma please contact Glaucoma Australia www.glaucoma.org.au