

**INSTRUCTIONS FOR AFTER YOUR GLAUCOMA  
(TRABECULECTOMY) OPERATION**

- You may have some discomfort when you get home. If you feel that you need painkillers, a mild one should be sufficient. Do not take Aspirin or Ibuprofen in the first week. Rest on the day of your operation.
- You are sent home with a shield on your eye. Please leave this in position until the following morning and then wear it each night when you go to bed until your 1 week appointment. The nurse will provide you with the eye-drops you will need following your glaucoma operation. Please stop your anti glaucoma drops in your operated eye.
- Do not bend forward or lift any heavy objects for at least 1 week. Try to keep your eye above your heart. We recommend that you sleep with 2 or 3 pillows.
- The eye may feel gritty due to the small stitches in the eye. Do not touch or rub your eye, splash water in your eye, wear eye make-up or go swimming for at least 4 weeks due to the risk of infection.
- It is common to have some mild discharge for the first few days, you may need to clean the eye (see instructions on page 2).
- You will be required to return for frequent checks at the Allies Ophthalmology Department, Cromer Hospital where the Doctor will check your eye and make any further adjustments or change treatment as necessary. It is important to keep your outpatients/clinic appointments. Please ring 01603 646247 if you have any problems with this.
- Please ask your Consultant about driving.

Following your operation if you have either excessive pain, loss of vision, nausea or vomiting, increasing redness of the eye, or discharge please ring:

**Eye Emergency                      01603 287787**

Monday to Friday	08:30 to 17:30
Saturday	08:30 to 17:00
Sunday	08:30 to 12:30

**At all other times please ring 01603 286286 and ask the operator to contact the  
OPHTHALMIC (EYE) DOCTOR ON-CALL**

If you need to contact us following your operation, we will need to know the date and type of operation you have had and your hospital number.

## TO CLEAN THE EYE

- First boil a kettle, pour the boiling water into a clean bowl and leave to cool.
- Please wash your hands. Moisten some clean cotton wool pads with the clean water and starting with the lower lid clean from the corner nearest your nose, gently sweeping along the lower eyelashes.
- **Do not touch the eye or press on the eyeball.**
- To clean the upper eyelashes, close the eye and again with a moistened cotton wool pad, gently sweep the upper lashes with a downward stroke. Again remember not to touch the eye itself. When the eye is clean you can then instil your eye drops.

## PUTTING IN YOUR EYE DROPS

You will have more than one type of eye drop to use after your operation. When you need to instil them at the same time during the day, please wait at least 5 minutes in between the eye drops to enable each drop to be absorbed by the eye.

If your eye drops run out before your next appointment, please ask your GP for a repeat prescription.

