



Ophthalmic Physicians and Surgeons

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**Patient Instructions: Pterygium Surgery
Dr. Sunil Warriar**

Pterygium Surgery

Pterygium is an excess growth of the surface skin layer of the eye. It is related to sun exposure and up to 10% contain some pre-cancerous changes. They can irritate the eye, cause change in vision and appear unsightly. The surgery is an excision of the abnormal tissue and a graft from your own eye to cover the gap created. This surgery known as an extended autoconjunctival graft assures excellent cosmesis and very low recurrence rates. Dr Warriar is an expert pterygium surgeon. The eye is numbed by an anaesthetist and then the pterygium removed with fine scissors. Excess tissue is then removed with a fine blade. The gap left is then covered with a graft of tissue from your own eye which Dr Warriar stitches into place with fine sutures invisible to the naked eye. Antibiotic is placed into your eye and it is covered with a firm pad till you see Dr Warriar the following day.

Eye Medications After Surgery

- You have been prescribed 2 different eye drops:
Prednefrin Forte & Chloromycetin
1 drop each every 3 hours for 2 days then
4 times per day for 2 weeks then
3 times per day for 2 weeks then
2 times per day for 4 weeks then

You will need to refill the script.

- Do not get up at night to put in the drops or ointment.
- The order of the drops is not important, but read the label to ensure that you have the correct eye drop.
- Discontinue any previous eye medications to the operated eye, unless otherwise instructed.
- Keep the eye drop bottles in a cool place or in the refrigerator.
- Shake the bottles well before use.
- Wash your hands with soap and water before handling any eye drops or touching the eye.
- Do not allow the tip of the bottle to touch your eye, eyelashes, or hands.

If you are using drops and ointment at the same time, use the drops first then the ointment.

If using eye ointment, place the ointment onto a cotton bud, and then gently smear the ointment onto the eyelid from the cotton bud.

How to apply the eye drops:

Look up and gently pull down the lower lid with your finger.
Then gently squeeze the bottle and instill one drop.
Remove your finger and gently close the eye.
Wait at least 2 minutes before the next drop.

- Take your eye medications with you each time you see the doctor.

Eye Pad

- Leave the eye pad on overnight and remove it the following day, unless instructed otherwise by Dr. Warriar. You may wash your face and take a shower after the eye pad has been removed.

What to Expect

- It is normal for your eye to be red and have some discharge.
The eye may be gritty and watery.
The vision may be blurred or fluctuate.
Complete healing takes 2 months after which time the eye looks excellent

Physical Activity

- No swimming for 3 weeks following surgery.
No restrictions on reading, watching TV, walking, shopping, showering, etc.

Contact Dr. Warriar immediately if

- Severe pain that is not relieved with the drops or panadeine tablets.
- Marked increase in the redness of the eye.

Contact Numbers

- Surgery (M-F 9am-5pm): 3831 0101**