

Aftercare following trabeculectomy surgery for glaucoma

Department of Ophthalmology

Information for Patients

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What will happen after your surgery?

- Straight after your operation a clear plastic shield will be placed over your eye to protect it from accidental knocks.
- You will be able to go home and should be given 2 sets of eye drops.
- The eye drops are usually an antibiotic (such as chloramphenicol) and an anti-inflammatory steroid (such as dexamethasone or predforte). For the first 2 weeks the steroid eye drop will need to be used every 2 hours during the day. The antibiotic eye drop should be used 4 times a day. The antibiotic drop is usually needed for 2 weeks but the steroid eye drops need to be used for a couple of months in order to help stop scarring.
- Please remember to continue using any eye drops you were using in your other eye.
- You will need to come back the next day so your consultant can check your eye after the operation. At this visit, we will remove the eye shield for you. You will be told of any other appointments you may need after your operation, to check your eye's recovery.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How will my eye feel after the operation?

- You may get blurred or double vision which might last for up to 1 month.
- Your eye may feel uncomfortable and gritty after your operation. To help with this, you can take painkillers such as those you take for a headache e.g. paracetamol.
- After the operation the eye can look red and swollen. You will be given anti-inflammatory drops to reduce this. Your discharge nurse will tell you how often to use these.
- In some cases you may need an injection to help stop scar tissue forming. This injection can be given in the outpatient clinic.
- Your eye should slowly get better over the weeks after the operation. However, if you notice any of the following:
 - increased redness
 - increased swelling
 - sudden complete loss of sight
 - a drop in your vision
 - pain in the eye
 - yellow sticky discharge

You should contact the Ophthalmic Suite or Eye Casualty using the numbers on the last page of this leaflet.

After surgery you should:

- Wear the eye shield until the morning after your operation.
- Wear the eye shield in bed for the next 14 nights. Apply with surgical tape which you can buy from pharmacies and supermarkets.
- Wash the eye shield daily with hot soap and water.
- If you wish, you can wear sunglasses or normal glasses during the day.
- If your eye is sticky in the mornings, you can bathe it with cooled boiled water and cotton wool.
- Cooking, watching TV and reading will not cause any harm.
- Avoid energetic activity such as contact sports and swimming for 1 month, and heavy gardening and lifting for 4 weeks after your operation.

After surgery you should not:

- Drive until you have checked with a doctor, nurse or your optician that it is safe to do so.
- Rub or touch your eye.
- Get soap and water in your eye when washing your face and hair.

Using your eye drops

The following drops should be used on your operated eye only, starting the morning after surgery:

Eye drop	Time	Action
Chloramphenicol (to keep in fridge)	1 drop, 4 times a day, for 2 weeks, then stop.	Antibiotic
Pred Forte	1 drop, every 2 hours during the day, for 2 weeks.	Anti-inflammatory

How to apply your eye drops

- Always wash your hands before you start.
- Sit or lie with your head tilted backwards.
- Gently pull the lower lid down with one finger.
- Holding the bottle on the bridge of your nose or on your forehead, squeeze one drop into the eye.
- Close your eye and gently blot excess drops with a clean tissue.
- If you think you may have missed your eye with the drops it is safe to put another drop in.
- When putting the eye drops into your eye, do not allow the bottle tip to touch the eye.
- Do not allow other people to use your eye drops.
- Throw away the drops when you have finished the course of treatment.



Eye drop chart - for chloramphenicol eye drops

Please use the chart below to record when you have applied your chloramphenicol eye drops to your operated eye.

	Breakfast	Lunch	Dinner	Bedtime
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Eye drop chart - for Pred Forte eye drops

Please use the chart below to record when you have applied your Pred Forte eye drops to your operated eye.

	8:00am	10:00am	12:00pm	2:00pm	4:00pm	6:00pm	8:00pm
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

Contact details

If you have any questions or concerns, please contact **The Ophthalmology Suite** on:

0116 258 6248 or 0116 258 6850

Available Monday to Friday from 8:30am to 7:30pm

Eye Casualty department phone number:

0116 258 6273

Available Monday to Friday from 8:00am to 6:00pm

Weekend and Bank Holidays 8:00am to 12:30pm

At other times please contact your **nearest Emergency Department** for urgent concerns.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

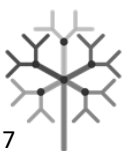
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk



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