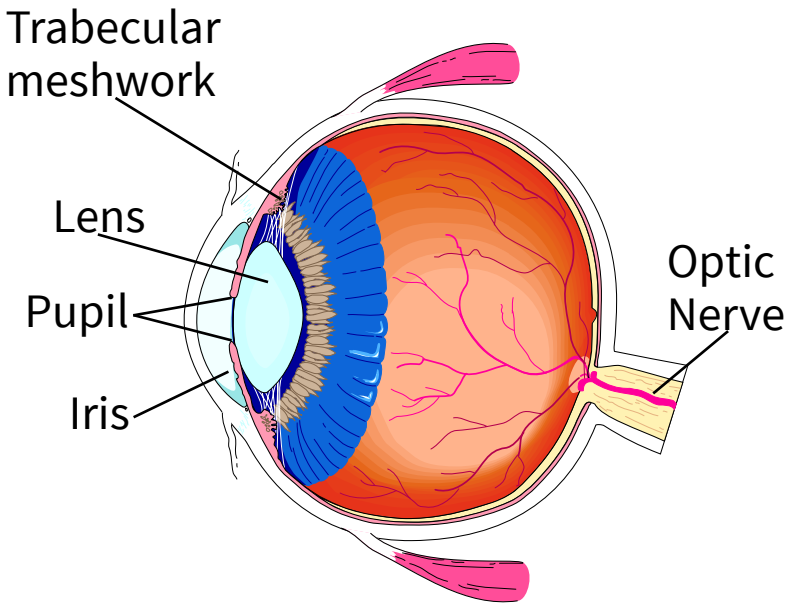


After Glaucoma Surgery

Please bring this booklet to the Eye Care Centre with you on the day of your surgery.

After Glaucoma Surgery

If the pressure inside your eye stays too high after using drops and/or laser treatments, you will need surgery to treat your glaucoma. You may have a trabeculectomy or a shunt procedure.



What is a trabeculectomy?

- A small section of the trabecular meshwork (drainage system) is taken out. This lets the fluid drain and lowers the pressure in your eye.

- A small flap is also made that helps to control the amount of fluid draining from inside your eye. The flap is held in place with stitches.
- Your eye pressure will be checked regularly after surgery. The stitches can be released with a laser to help drain the fluid.
- You may be given medication(s) during or after surgery to stop scar tissue from forming and blocking the new drain. Your eye doctor will tell you if this is needed.

What is a shunt procedure?

A tiny tube is placed into your eye to drain fluid. The fluid is then absorbed (taken in) back into your bloodstream. Your eye will be checked often after surgery.

What will happen after the surgery?

- Your surgery will be done as an outpatient. This means that you will go home on the day of your surgery.
- If you are comfortable, you may be able to go home in about 20 minutes.
- **After surgery, you must have someone to stay with you overnight or your surgery may be cancelled.**
- During the first 3 to 4 weeks after surgery, you may have several follow-up checks with your eye surgeon.

What do I need to know when I go home?

- You may feel some discomfort when the freezing wears off. Do not worry — this is normal. You can take acetaminophen (Tylenol®) for pain.
- You may or may not have a patch on your eye. Leave it on until you see your eye surgeon or are told otherwise.
- You will be given an eye shield. **Wear the eye shield at night** until your eye doctor says it is no longer needed.

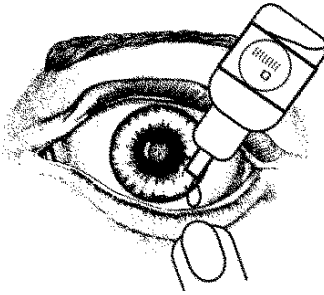
- Your eye doctor will prescribe new drops for your operated eye. You will be told how to use your glaucoma drops for that eye. Keep using your old drops in your other eye, unless your health care provider tells you otherwise.
- You may watch TV and read.
- Right after surgery, your eye may be red and swollen.
- Keep taking any medication(s) prescribed by your other health care providers.
- Ask your health care team about what you can do to not become constipated (not able to poop) as you recover.
- Ask your eye surgeon when you can return to work and drive a car.
- Wear your glasses or sunglasses, as needed.
- Blow your nose gently.
- You may take a bath or shower. Keep your eye dry. **Do not get any soapy water or shampoo in your eye.**
- Have someone wash your hair during the first week (7 days). Make sure you keep your head back.

- **Do not bend your head below the waist.**
- Slowly go back to your normal activities as your health care provider suggests.
- Keep follow-up visits with your eye surgeon. Bring your medication(s) and eye drops with you to these visits.
- **Do not** rub or touch your eye (you may wash gently around it). You may use a tissue to wipe tears off your cheek.
- **Do not** push, pull, or lift anything heavier than 5 to 10 pounds. If you wish to hold a child, sit in a chair and have them climb onto your lap.
- **Do not** wear a cotton eye pad.
- **Do not** hold in a sneeze — let it out through your mouth.
- **Do not** play any contact sports until your eye doctor tells you it is OK.
- **Do not** take part in any strenuous (hard) exercise or activities until your eye doctor says it is OK.
- **Avoid** any dirty or dusty environments (swimming, gardening, shovelling, kitty litter, wood chips, etc.)

How do I use eye drops?

Follow the eye medication schedule given to you.

- Wash your hands well.
- Shake the bottle well.
- You may sit and tilt your head back or lie down.
- Open both eyes and look up. With one finger, draw your lower lid down.



- With the bottle in your other hand, hold it as near as you can to your eyelid without touching it. Place one drop into the pocket made when your lower lid is pulled down.
- **Do not touch your eyelid or eye with the tip of the bottle.**
- Close your eye gently and keep it closed for 1 minute.
- With a tissue, gently wipe any extra drops from your cheek.
- Wash your hands well.

Report these symptoms to your eye surgeon right away:

- › Severe (very bad) pain
- › More swelling or redness
- › A lot of discharge
- › Cloudy discharge
- › Sudden loss of vision

If you cannot contact your eye surgeon:

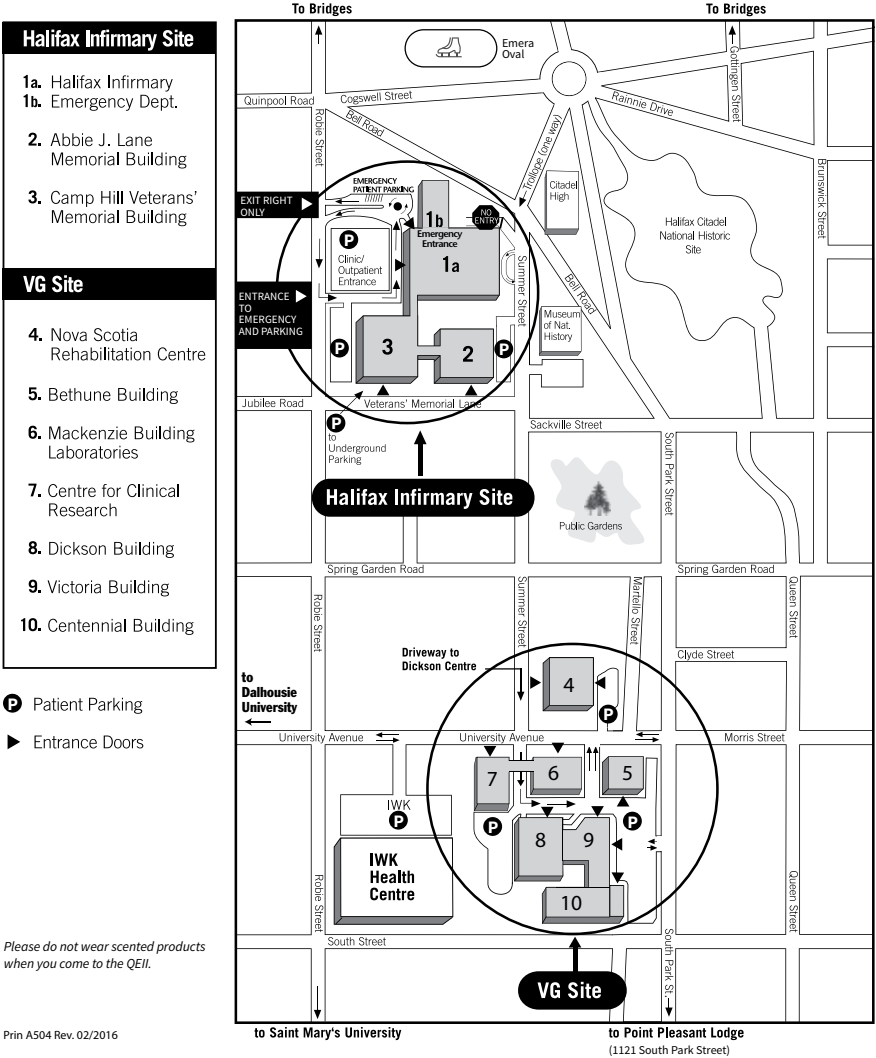
- Call locating at the VG and ask to have the ophthalmology resident on call paged.
 - › Phone: 902-473-2222

OR

- Go to the nearest Emergency Department.

QEII Health Sciences Centre

is made up of 10 buildings located on two sites



**What are your questions? Please ask.
We are here to help you.**

**In Nova Scotia you can call 811 to talk with
a registered nurse about your health care
questions 24/7.**

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Eye Care Centre

Illustration by: LifeART Super Anatomy 1 Images, Copyright © 1994, TechPool Studios Corp. USA;

Parlay International

Designed by: Nova Scotia Health Library Services

The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WW85-0141 © July 2021 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.