

# After Glaucoma Surgery

## Eye Care Centre

Please bring this booklet to the hospital  
with you on the day of your operation.

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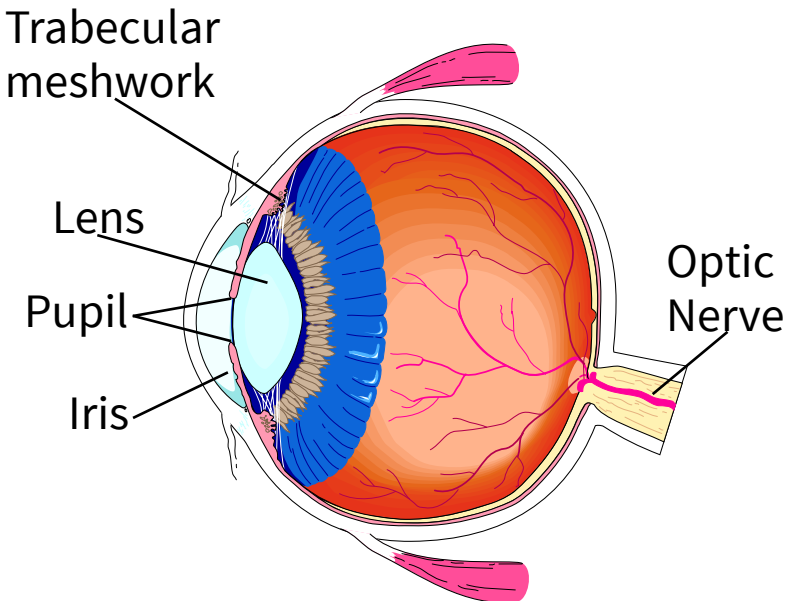
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# After Glaucoma Surgery

You will need surgery to treat your glaucoma if the pressure inside your eye stays too high even with the use of drops and/or laser treatments.

## How is the surgery done?

Your surgery will be done as an outpatient. This means that you will go home on the day of your surgery. During the first 3-4 weeks after surgery, you may have several followup checks with your eye surgeon.



## **What is a trabeculectomy?**

A small section of the trabecular meshwork (drainage system) is removed. This lets the fluid drain and lowers the pressure in the eye. A small flap is also made that helps to control the amount of fluid draining from inside the 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 increase the drainage of fluid.

Medications may be used during or after surgery to prevent scar tissue from forming and blocking the new drain. Your doctor will tell you if this is needed.

## **What is a shunt procedure?**

A tiny tube is placed into the eye to drain fluid. The fluid is then absorbed back into the bloodstream. Your eye will be checked often after surgery.

## **What happens after surgery?**

If you are comfortable, you may be able to go home in about 20 minutes.

# 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. If you do, leave it on until you see your eye surgeon or are told otherwise. Your appointment with your surgeon is on at .
- **Wear an eye shield at night** until your doctor says it is no longer needed.
- Your doctor will prescribe new drops for the operated eye. You will be told how to use your glaucoma drops for that eye. You should continue to use your old drops in the other eye, unless your doctor tells you otherwise.
- You may watch TV and read.
- Immediately after surgery, there may be some redness and swelling of your eye.
- Continue to take any medications prescribed by your other health care providers.

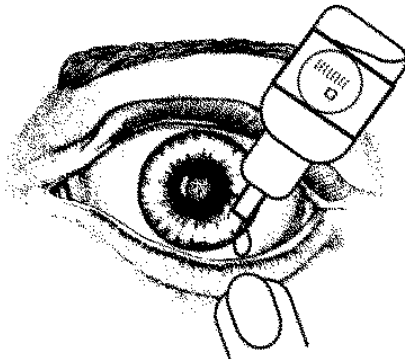
- Try not to become constipated.
- Ask your eye surgeon when you may return to work or drive a car.
- Wear your glasses or sunglasses.
- Blow your nose gently.
- You may take a bath or shower. Keep your eye dry. Do not get any soapy water or shampoo in your eye.
- Another person may wash your hair during the first week. 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 followup visits with your eye surgeon. Bring your medications 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 5-10 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 a sneeze – let it out through your mouth.
- **Do not** go back to contact sports until your doctor tells you it is OK.
- **Do not** take part in any strenuous exercise or activity until your doctor says it is OK.

## How do I use eye drops?

Follow the eye medication schedule given to you by your nurse or doctor.

- 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 the lower lid down.

- With the bottle in the other hand, hold it as near as possible to the eyelid without touching it. Place one drop into the pocket made when the 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 one full minute.
- With a tissue, gently remove extra drops from your cheek.
- Wash your hands well.

**Report these symptoms to your eye surgeon right away:**

- › severe pain
- › increased swelling or redness
- › unusual discharge
- › sudden decrease in vision

**If you can't reach your eye surgeon, call locating at the VG at 902-473-2222 and ask to have the ophthalmology resident on call paged or go to the nearest Emergency Department.**



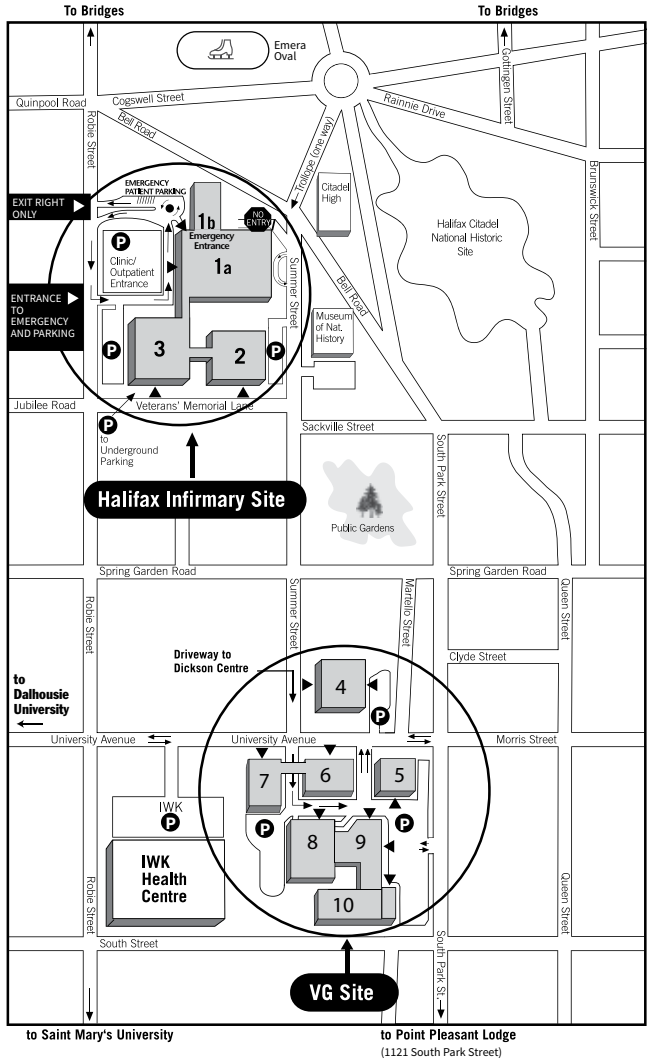
# QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmary Site |                                       |
|------------------------|---------------------------------------|
| 1a.                    | Halifax Infirmary                     |
| 1b.                    | Emergency Dept.                       |
| 2.                     | Abbie J. Lane Memorial Building       |
| 3.                     | Camp Hill Veterans' Memorial Building |
| VG Site                |                                       |
| 4.                     | Nova Scotia Rehabilitation Centre     |
| 5.                     | Bethune Building                      |
| 6.                     | Mackenzie Building Laboratories       |
| 7.                     | Centre for Clinical Research          |
| 8.                     | Dickson Building                      |
| 9.                     | Victoria Building                     |
| 10.                    | Centennial Building                   |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



# Notes:

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**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/PatientGuides>  
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 Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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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.

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