INSTRUCTIONS AFTER GLAUCOMA & COMBINED CATARACT / GLAUCOMA SURGERY

Your next day appointment is on: ________________________________ Time: _____________ AM/PM
LOCATION:  
☐ GEM Clinic: Unit 221-2025 Corydon Ave, Winnipeg  
☐ Misericordia Health Centre – Eye Clinic on 2nd Floor  
☐ Misericordia Health Centre – Ward on 3rd Floor

Your 1 week appointment is on: ________________________________ Time: _____________ AM/PM
LOCATION:  
☐ GEM Clinic: Unit 221-2025 Corydon Ave, Winnipeg  
☐ Misericordia Health Centre – Eye Clinic on 2nd Floor  
☐ Misericordia Health Centre – Ward on 3rd Floor

INSTRUCTIONS:

• Take your patch and/or shield off in about five (5) hours. Wear your shield at bedtime for one (1) week. Clean your shield daily with soap and water.
• Start your post-operative drops in about 5 hours. **STOP** any glaucoma drops in the OPERATED EYE ONLY (unless otherwise indicated). **STOP** any pills for glaucoma (unless otherwise instructed).
• If you were taking any blood thinners, you may restart them in three (3) days after surgery (unless otherwise indicated).
• If you have glasses or sunglasses, wear them to protect your eyes during the day. You will need to get your glasses adjusted by your optometrist in about 8 to 12 weeks after surgery.
• Take plain Tylenol for any discomfort. Avoid Aspirin or Advil for three (3) days after surgery.
• If you have severe pain, loss of vision, nausea, vomiting or headache, call Dr. Rahman’s office at (204)992-4000. After hours, call Misericordia at (204) 774-6581.

ACTIVITIES:

• DO NOT RUB your eyes.
• Stay out of direct sunlight, dusty environments, and avoid swimming for 1 week after surgery.
• Gently wash your face and avoid getting water directly into your operated eye for three (3) days. You may gently tap the eye with a warm, wet, clean tissue to remove debris.
• Avoid washing your hair for at least three (3) days after surgery. When you resume washing, avoid getting shampoo into your operated eye. Avoid eye make up for 1 week after surgery.
• Do NOT lift heavy objects, perform vigorous activities or exercise, bend (from standing position), strain or have sexual intercourse, and use a stool softener if constipated for 2 weeks (unless otherwise indicated).
• 4-6 weeks off work is recommended.
• You will be instructed when it is okay to drive.
• Due to the need for frequent follow-ups, vacations are not recommended after glaucoma surgery for at least 6-8 weeks (unless otherwise indicated).
• Avoid dental appointments for 1 month.

**PLEASE TURN OVER FOR DETAILED EYEDROP INSTRUCTIONS**

Dr. Jennifer W. Rahman – Eye Physician and Surgeon  
Glaucoma & Eye Management Clinic  
Unit 221 – 2025 Corydon Avenue, Winnipeg, MB, R3P 0N5  
Phone: (204) 992-4000 - Fax: (204) 992-4006
EYE DROP INSTRUCTIONS AFTER SURGERY

- Discontinue your glaucoma drops in the OPERATED EYE ONLY (including any pills for glaucoma) and start the new drops listed below in about 5 hours after surgery.
- Wait at least 2 minutes between each drop.
- Dry your eye by gently tapping it with a clean tissue. DO NOT PRESS ON YOUR OPERATED EYE.
- Take drops in the ORDER they are listed.
- On the day of surgery, you may only be able to use 2-3 doses. Start the full regimen the next day.
- You may take over the counter lubricating drops as needed.

1. **VIGAMOX®**: This is an antibiotic to prevent infection.
   
   Put one (1) drop three (3) times per day for two (2) weeks in operated eye.
   
   STOP on ______________________

2. **PRED FORTE®** (prednisolone 1%): This is a steroid to decrease the inflammation in the front of the eye and prevent scarring.
   
   Put one (1) drop every two (2) hours while awake for two (2) weeks in operated eye.
   
   On ______________________, use four (4) times per day for one (1) month.
   On ______________________, use three (3) times per day for two (2) weeks.
   On ______________________, use two (2) times per day for two (2) weeks.
   On ______________________, use once (1) daily in the morning for two (2) weeks.
   
   STOP on ______________________

3. **NEVANAC®**: This is a non-steroidal anti-inflammatory (NSAID) to decrease the inflammation in the back of the eye.
   
   Put one (1) three (3) times per day for two (2) weeks in operated eye.
   
   STOP on ______________________

4. **ATROPINE®**: This is a dilating drop that relaxes the eye and makes the pupil large. (The dilating effect may last 2 weeks or more after stopping this drop).
   
   Put one (1) drop in the morning for two (2) weeks in operated eye.
   
   STOP on ______________________

For more information: www.gemclinic.ca