

IsoWhite™ Pterygium Surgery

Post-Operative Instructions

Drs. Shawn R. Klein & Saveren Scannapiego

1. Your eye will be patched after surgery. You will have your patch removed the first day after surgery by your doctor.
2. It is normal to have some foreign body sensation after surgery. **Do not rub your eyes.** It is normal for the eyes to be red. This will get better week by week and in 3-4 weeks is usually mostly gone.
3. As long as you do not rub your eyes, you can do all of your normal activities.
4. Medications should be used as follows unless otherwise indicated:

Pred Forte (Prednisolone 1%): 1 drop four times per day – shake up before using.
→ You will need to use four times per day for four weeks THEN it can be tapered down. For the fifth week, use it three times per day; the sixth week, two times per day; the seventh week one time per day; then stop. Note: You will need to **refill** your prescription during this time.

Tobradex: 1 drop four times per day.

Neomycin-polymixin B-dexamethasone ointment: put inside eye before bed
→ Tobradex drops and the NPD ointment do not need to be refilled. You can stop when they run out.

Tylenol/Advil/Motrin as needed for discomfort.

Wait at least 15 minutes between using different drops.

5. **Please bring your medications with you every time you see the doctor.**
6. You may shower the day after surgery. Do not get soap or water in your eye for the first week. Do not wear eye make-up for two weeks. Normal exercise can be done as soon as you feel comfortable to do it.
7. For emergencies, contact Drs. Klein & Scannapiego at **908-289-1166**. Remember redness, pinching and irritation are normal after pterygium surgery.