

Glaucoma Surgery

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Discharge Information

Glaucoma Surgery (A drainage operation for raised pressure in the eye). You have had one of the following:

- **Trabeculectomy** - involves removing part of the eye-drainage tubes to allow fluid to drain more easily.
- **Viscocanalostomy** - part of the white outer covering of the eyeball (the sclera) is removed so fluid can drain from your eye more easily.
- **Trabecular stent bypass** - a tiny tube is placed into your eye to increase the drainage of fluid.
- **Bleb needling** - If the bleb heals too quickly or you develop scar tissue that obstructs fluid drainage, your ophthalmologist may need to massage or reopen the site through a process called needling. A bleb is a fluid filled blister that develops on the surface of eye. With traditional Trabeculectomy surgery, a bleb must be present on the surface of the eye for the surgery to work.

Useful Numbers

Sanderson Suite

01744 646089/646098

For appointment queries, please ring:

Sanderson Suite Reception

01744 646085/646087

Further Information

<https://www.nhs.uk/conditions/glaucoma/>

Who to Contact

If you have any severe pain in the eye or sudden loss of vision before your next appointment please ring:

Eye Clinic 01744 646136/7

Monday – Friday, 9.00am – 5.00pm

Or

Ring **0151 426 1600** and ask for the on call ophthalmologist.

Outside these hours or bank holidays (24 hours).

Useful Information

Your nurses today were

Your Surgeon/Consultant Is

If you have any questions, please speak to a staff member who will be able to advise you.

Your next appointment is on

at in the Eye Clinic.

Please bring your spectacles to clinic.

Post Operative Advice

You may carry on with normal activities such as reading or watching TV. Do this as comfort allows.

Your face may feel numb, you may have blurred and/or double vision for several weeks after .

Your eye may be red and may water, this is normal and will wear off.

You must wear the plastic shield at night for one week.

This can be washed with soap and water and applied with tape.

You may also get a gritty feeling and some discomfort is expected, you can take simple painkillers for this. Please follow the instructions on the label.

If there are stitches in your eye they may be left in or taken out at a later date.

Tomorrow morning

Wash your hands and remove the eye shield.

If your eye is sticky or crusty bathe gently from inner corner to outer corner with cool boiled water with swabs provided.

Do not apply forceful pressure.

Start your new eye-drops as prescribed (only in the operated eye).

These drops can be given for up to six weeks, and, may be reduced gradually by the doctor as needed.

You will be given enough drops to cover your prescribed course, however if you run out please contact the ward.

Please wash your hands before treating your eyes with drops.

You can stop using the glaucoma drops **only in the operated eye.**

If you are using glaucoma drops in the other eye please carry on.

If you are unsure about which drops to stop, please check with the nurses discharging you.

Things to avoid

- Avoid rubbing, touching, or knocking the operated eye or putting used tissues or handkerchiefs near the eye.
- Avoid lifting your face up to the shower spray.
- Avoid getting any soap or shampoo in the operated eye. Wear your eye shield when washing your hair to help reduce this.
- Do not undertake any strenuous exercise or heavy lifting for two weeks (this includes carrying heavy shopping bags, bending, lifting or straining).
- Do not undertake swimming or contact sports for six weeks.
- Avoid driving before checking with the doctor or nurse in clinic.
- Do not wear eye make-up for at least 4 weeks (if applicable). It is advisable to replace items like mascara.