Trabeculectomy, Care After

Your doctor will need to follow the condition of your eye very closely after trabeculectomy surgery. This is to monitor how well the fluid from the inside of your eye is draining through the filter created by the procedure.

HOME CARE INSTRUCTIONS

- Take all medications exactly as directed.
- Ask whether you should continue your glaucoma eye drops or pills.
- You may need to put a medicine that kills germs (*antibiotic*) and/or steroid drops or ointments into the eye.
- Clean your eye as directed, carefully using only sterile materials.
- Your eyelid will usually be taped shut.
- You will have a hard eye covering over your eye for the first day or days after surgery. You may be asked to continue wearing this hard eye patch for a few days or a week after the procedure.
- You may be asked to sleep with your eye taped shut or have it protected by an eye patch for some time following the surgery.
- You will need to continue to protect your eye with glasses and sunglasses.
- Be careful not to bump or rub your eye.
- If you are a side-sleeper, lie with the operated eye on top.
- **Do not** wear eye makeup until your caregiver says you may.
- You may be asked to not lift or push heavy things (over 10 pounds), strain, or bend over for about 8 weeks after the surgery.
- You will be asked not to participate in sports or other strenuous activities for about 8 weeks after surgery.
- For the first two weeks after surgery, keep the shower water below your neck only. Ask someone to help you shampoo your hair. **Do not** get water in your eye when shampooing your hair or showering. Wear the shield, and keep the water at your back.
- Ask your caregiver when you can start driving again.
- Check with your caregiver about when you can return to your usual level of activity, including sexual activity and swimming.
- Eat a lot of fiber to keep your stools soft. This will help you to not strain in the bathroom.
- If the filtering bleb is too large, your doctor may have to add a suture or tighten up the filtering bleb. Usually, this can be done without pain in the office.
- If the filtering bleb is too small, your doctor may give you specific instructions on how to massage your eye to increase the amount of fluid draining through the filter.
- If there is too much fluid draining through the filter, you may develop a loss of the structure of the front part of the eye that is normally maintained by the presence of the normal fluids (*flat chamber*). You may have a flat chamber with no symptoms, and it is a serious condition that must be treated right away. You may require a tight patch on your eye, or possibly additional surgery to treat a flat chamber.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- An unexplained oral temperature above than 102.0° F (38.9° C).
- Severe or lasting pain.
- Swelling in or around the eye.
- Bleeding.
- Increased redness, tearing, pus, or discharge from the eye.
- Vision changes.
- Severe sensitivity to light.
- Sudden vision loss.

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