

**MR RUPERT BOURNE Bsc FRCOphth MD**  
Consultant Ophthalmic Surgeon  
Glaucoma Service

**INSTRUCTIONS FOR AFTERCARE  
GLAUCOMA (TRABECULECTOMY) SURGERY**

1. Your eye has been patched following surgery. The patch and clear plastic shield should not be removed until you are examined in the morning by Mr Bourne. Do not use the eyedrops given to you on discharge after the surgery until you are examined by Mr Bourne. Please bring along all the eyedrops/medications you have been given to this clinic appointment.
2. At bedtime, the plastic shield should be placed over the eye with a piece of adhesive tape for 2 weeks.
3. After the eye patch is removed, the eye should always be kept protected. In most cases, you will be able to wear your usual glasses or sunglasses to protect the eye during the day. Mr Bourne may ask you to keep the clear plastic shield in place.
4. After the patch is removed, you will be placed on eyedrop treatment as follows:
  - A. Maxidex (0.1% dexamethasone, preservative-free) should be used every daytime hour beginning when you get up in the morning. A drop of this should also be used just before going to sleep. This eyedrop reduces inflammation in the eye.
  - B. Atropine (1%) should be used once per day at bedtime. This eyedrop relaxes the muscles in the eye.
  - C. Chloramphenicol should be used four times daily (upon waking, lunch, dinner and bedtime). This eyedrop prevents infection.
  - D. Prednisolone tablets 20mg (4 pills, each of 5mg) should be used once daily until they are gradually discontinued. The pills reduce

inflammation. It should not be used for longer than 10 days unless specifically instructed.

- E. Betnesol eye ointment- one application to inside of lower eyelid just before bedtime. This reduces inflammation.

**Wait at least 5 minutes in between application of different eyedrops.**

5. **It is very important for you to bring your eyedrops and tablets with you to every visit to the eye department. At each of these visits, the amount of medicine used may be changed.**
6. Do not use any other eyedrops in the operated eye.
7. Do not get the eye wet. Having a bath is permitted, but be careful not to slip. When washing hair avoid getting shampoo in the eyes (you can use the eye shield to protect the eye).
8. For three weeks you should lift any heavy objects, or strain. Try bending at the knees, rather than bending so your head goes below the level of your chest.
9. If there is any pain, change in your eyesight, increasing redness, or other concerns, you should call the Eye Sister on 01480 416416 during office hours and ask for bleep 2334. At night or weekends, please contact the Accident & Emergency Department at Hinchingbrooke Hospital, explaining that you have recently had a glaucoma operation and need an urgent assessment by an ophthalmologist.
10. Glaucoma surgery often takes weeks to heal. During this time, your eyesight may be blurred and your eye may be red.
11. **It is critical that you take your eyedrops/ medication prescribed for you after the operation to ensure success.**