



Advice after Trabeculectomy (page 1 of 2)

After the operation

After the operation your eye will be covered with a patch to protect it. You will spend a few hours on the ward recovering (depending on the type of anaesthetic you have had) but will normally be discharged home the same day.

We will give you some eye drops when you leave, please bring these with you to your first appointment in the eye clinic.

Follow-up appointment

You will be given an appointment to return to the eye clinic the next day when the patch will be removed and your eye examined.

At this appointment you will be shown how to use your drops to prevent infection and inflammation. You should use these over the next few weeks as directed by the doctor.

Eye drops to lower the pressure in the eye are not normally required after this operation. If you have been using drops for glaucoma in the other (un-operated) eye it is important that you continue using them as before.

How will the eye feel

The eye may feel a little uncomfortable and your vision blurred, this is normal. It may be several weeks before the eye feels completely normal again.

You should wear the clear plastic eye shield provided for the first few nights.

Activity

Avoid any strenuous activity in the early post-operative phase. The clinic will advise you depending on how well the eye is recovering, but in general you should not play sport or go to the gym for 2-3 months.

- for the first 4 days after your operation, if you wash your hair please make sure that no water enters the eye
- do only light housework in the first 2 weeks
- do not use eye make-up for the first month
- do not drive until after your eye examination
- most people can resume work between 1 – 3 weeks after surgery but this will depend on the nature of your job.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

If you need any further advice please contact

Day Surgery Unit on 01722 336262 ext 4550

Eye Clinic on 01722 336262 ext 4327. After 7pm the NHS 111 service.