

**RICHARD GRUTZMACHER, M.D.
POSTOPERATIVE INSTRUCTIONS FOLLOWING
PTERYGIUM EXCISION SURGERY**

OCUFLOX / TOBRADEX / FML: Use this eye drop 4 times a day in the operative eye until instructed otherwise (generally used for 2 weeks, then changed to FML twice daily).

WAIT AT LEAST 5 MINUTES BETWEEN EYE DROPS

OTHER EYE DROP MEDICATIONS: Continue all medications unless otherwise directed.

PAIN MEDICATIONS: For mild pain, use Tylenol or ibuprofen (Advil, Motrin, etc.). For more severe pain you can use **Vicodin**: 1 pill every 4 hours as needed (do not exceed 6 pills in 24 hours). If nausea develops, discontinue the Vicodin. Patients who react to codeine can be prescribed **Darvocet**: 1 pill every 6 hours as needed (do not exceed 4 pills in 24 hours).

***YOU MAY SHOWER AND WASH YOUR HAIR 1 DAY FOLLOWING EYE SURGERY.
Please keep water out of your eye.***

SPECIAL INSTRUCTIONS:

1. Do not rub your operative eye. You may experience some moderate discomfort, scratchy, or gritty sensation in your operative eye following surgery.
2. Do not swim or use hot tub for 1 week following eye surgery.
3. Report immediately if you experience severe pain, red eye, swelling or loss of sight.

**IF YOU HAVE AN EMERGENCY PLEASE CONTACT THE OFFICE
DAY OR NIGHT: (916) 649-1515.**