

### Trabeculectomy / Baerveldt / Ahmed Post Op Instructions for Dr. Ko

- **Rest** today and gradually resume normal activity.
- Advance diet as tolerated.
- **Leave the eye patch in place.** It will be removed by your surgeon the day after surgery at your follow up appointment.
- **Elevate head of bed 20 to 30 degrees.** You may use extra pillows or sleep in a recliner chair for 1-2 days.
- **Do not rub or touch** the operative eye.
- **Avoid lifting** heavy objects (over 20 pounds), **bending, or straining** for 2 weeks.
- **Report any severe pain, increased redness or discharge, or decreased vision in the operative eye to your physician immediately.**
- Take Tylenol or Ibuprofen or over the counter medications as directed for any discomfort.
- You may wash your hair the day after surgery, but avoid excessive water in the operative eye.
- Check with your surgeon regarding the use of cosmetics after surgery.
- See your physician **the morning after surgery at Eye Associates, 8:00 to 8:30 am,** or as advised by your physician at .

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#### Eye Drops

You should have prescriptions for the following medications. Be sure that you bring all of these and your blue eye pack provided to your follow up appointment tomorrow morning.

**Durezol, Besivance (Any glaucoma eye drops)**

**Do not place any eye drops in your eye today!**

#### **Systane**

This is an eye lubricant you may use as needed for dry eye, discomfort and irritation. This is **not** a prescription. Please be careful, not to rinse out the above medications. If you use **wait at least 30 minutes** after placing prescription drops in eye.

\*\*\*\*Note all glaucoma patients **must** continue using their glaucoma eye drops unless otherwise instructed.\*\*\*\*

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- **If any problems occur, or if you have further questions, please call:**

**Eye Associates of Tallahassee M-F, 7:30-5:30 pm at (850-878-6161, and option "5" then option "0", after 5:30 option "1" (or dial 850-694-1866) for the on-call technician, Dr. Ko (850) 778-3988**

- **If you cannot contact your physician but feel that your symptoms require a physician's attention, go to the nearest Emergency Room.**