BUFFALO OPHTHALMOLOGY

Ausra Selvadurai, MD Peter Wm. Forgach, MD Asha Kumar, MD Deepan Selvadurai, MD

Preoperative Information about Glaucoma (Trab/ExPRESS) Surgery

This sheet reviews the discussion that I have with all patients prior to glaucoma surgery. Glaucoma results when the eye does not drain the fluid within it properly. Glaucoma (trabeculectomy) surgery involves creation of a very small channel to allow the eye fluid to drain to a small pocket of tissue placed under the upper lid, called a "bleb". Glaucoma surgery requires many visits afterwards in order to ensure that the eye is healing properly, neither too fast nor too slow. Adjustments in the procedure are often necessary, such as a laser procedure to loosen a tight stitch, and are a normal part of glaucoma surgical care. It is important to understand that glaucoma surgery by itself does not improve the vision; however it does prevent loss of further vision caused by the glaucoma.

Modern glaucoma surgery is very safe. However, any surgery does have the risk of a complication. This could include infection, a retinal detachment, bleeding within or behind the eye, worsening glaucoma or other problems which can permanently damage the sight. These are extremely rare - a problem that results in a permanent decrease in vision occurs in approximately 1-2% of surgeries, and total loss of vision occurs in about one in every thousand operations. However, you must be aware of the possibility in order to make an informed decision about whether to proceed with the surgery. I do not recommend glaucoma surgery unless I feel that the risks of leaving the eye with a high pressure are greater than the risk of the surgery.

You will be given instruction about seeing your family doctor, or an anesthesiologist doctor and having preoperative test performed. Only people with medical requirements are admitted to the hospital, as most operations are now done as an outpatient. You must eat and drink nothing from midnight the night before, unless instructed to take pills by a doctor. **If you use any eye drops or pills for glaucoma, please take them the morning of the surgery as usual. Also, take your heart and blood pressure medications with only a sip of water**. You will come in and have the surgery and go home a few hours later. You must have someone to accompany you home.

The operation itself takes about one hour. The eye and skin around the eye will be frozen by an injection, either by me or by an anesthetist. You will be given some sedating medication for this injection, and throughout the operation as necessary. During the actual operation your head will be wrapped in sterile sheets, with only one eye exposed. It is critical that you remain quiet and still throughout the surgery. If you experience pain please tell us, otherwise we ask you not to talk, as this makes the eye move under the microscope. At the end of the operation the eye will be covered with a patch and shield. All patients are seen the next morning. The eye shield is removed at this time by me.

You are given prescriptions upon booking the surgery, please heed my instructions on when they should be taken, as two should be taken 2 days before the surgery. The other eye should continue using the glaucoma medications (if any were used in that eye) but the operated eye should take ONLY the surgical eye drops.

You will see me frequently during the weeks following surgery. These visits will become less frequent as the eye becomes more stable. Most people find that the eye is scratchy and blurry for a few weeks following the surgery, but this diminishes over the follow-up period. **Severe pain or vision loss is uncommon and should always be checked immediately. If you have any questions, ask me.**

-Dr. Deepan Selvadurai

716.633.7386
716.204.3166
www.buffalo-ophthalmology.com
405 International Drive, Williamsville, NY 4221
3055 Southwestern Blvd., Ste 108, Orchard Park, NY 427

Instructions for Eye Care after Glaucoma (Trab/ExPRESS) Surgery

You have just had an operation for your glaucoma. Please follow these instructions for the post-surgery care.

PROTECTION

You will have a patch covering the operated eye overnight after surgery. This will be removed and the eye examined by a doctor in the moming. Protect your eye from injury - if your eye is struck, serious damage could result. Therefore, wear your regular glasses during the day and the protective shield at night. Please wear the shield at night for one month. People who do not wear glasses may want to buy sunglasses.

MEDICATION

DISCONTINUE all prior anti-glaucoma drops in the operated eye following surgery. You will be given prescriptions for new surgical medications for the eye that had surgery. You will start these 2 days prior to surgery. Take the new drops as directed-you will be given a special sheet that descriibes the drop schedule. When using more than one type of drop, wait 5 minutes between drops, so they do not wash each other out. You should continue to use your regular glaucoma medications (if any) in the other eye. Missing a few doses while you are in the hospital is not significant, but take the morning doses before coming in, and the evening doses after returning home. If you took Diamox (acetazolamide) glaucoma pills before the surgery, discontinue until told to restart.

PAIN OR OTHER PROBLEMS

A little discomfort in the operated eye following surgery is normal, but if you have severe pain you should contact the office (716-633-7386). If following surgery you should have a sudden increase in the amount of pain, a green-yellow discharge appears, or experience a decrease in vision, you should contact the office immediately. If problems develop on the weekend, contact the emergency room and ask for the Eye Doctor on call.

BATHING

You may shower and shampoo your hair in the shower at any time. Keep a clean face cloth over the shower curtain rail, So you may wipe off soap from around your eyes, if needed. Keep your eyelids closed when shampooing and rinsing. Do not rub the eye, dry it gently.

ACTIVITIES

You may resume normal daily activities such as cooking, light cleaning and dusting, and walking the day after surgery. It is fine to look downward, but for the first week you should bend at the knees and not bend over to lift heavy objects. Non-strenuous physical activity such as fast walking, bicycle riding, gentle sexual intercourse and lifting up to 15 pounds may be undertaken, bearing in mind that you must protect your eye from injury. Reading and watching TV are not harmful. Physically stressful activities such as racquet sports, swimming, lifting heavy weights, bench press, push-ups, sit-ups and so on must wait 3 months. Golf and jogging may be resumed in 3 to 4 weeks depending on how comfortable your eye feels. You may resume driving when your light sensitivity has diminished provided the vision in your un operated eye is adequate to drive.

716.633.7386
716.204.3166
www.buffalo-ophthalmology.com
405 International Drive, Williamsville, NY 4221
3055 Southwestern Blvd., Ste 108, Orchard Park, NY 427