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Trabeculectomy Surgery Post Operative Advice

Information for patients

Leeds Centre for Ophthalmology

The procedure

A trabeculectomy is surgery to decrease the pressure inside the eyes of people with high eye pressure or uncontrolled glaucoma.

For further information on trabeculectomy surgery please visit: **https://glaucoma.uk/product-category/informational-materials/** or you may already have been given this information when you were listed for surgery in eye clinic.

What to expect on the day of your surgery

- Increased watering of the eye (blood staining is normal).
- Your eye may feel sore or ache, take simple over the counter painkillers if needed.
- Your eye will feel gritty/prickly as though you have something in it, this may last for a few days.
- Double / blurred vision.
- Sensitivity to light (photophobia).

Post operative instruction

- The next morning after your surgery remove your eye dressing.
- Your eye may look red.
- Wash your hands before instilling or bathing the eye.
- Clean your eyelids with cotton wool and boiled, cooled water if your eye is sticky in the mornings.
- Wash the eye shield with warm soapy water.
- Wear the shield at night for two weeks.
- You will be given post-operative eye drops, use these as prescribed.

  If you use glaucoma drops, you will usually stop putting them into your operated eye. If you normally put glaucoma drops in the un-operated eye, please continue to use them unless clearly instructed otherwise.
- It can take two to three months for the eye to feel normal and the vision to stabilise completely.

You are advised:

- Do not rub or put pressure on your eye after surgery.
- You should plan to take approximately two weeks off work dependant on what type of work you do. If you have any concerns about returning to work please speak to the Ophthalmologist.
- You should wait to be advised by a professional that it is safe for you to drive. Usually if you were legal to drive before and your vision settles down after surgery then you should be able to drive.
- Do not do any strenuous activities such as biking, jogging aerobics for two weeks.
- Avoid activities that require head down activities such as yoga. If you wish to pray, for the first 2-3 weeks, it is safer to kneel rather than bow with your head to the floor.
- We would recommend that you avoid swimming for four weeks after surgery.

- As patients will be monitored closely following surgery, it is recommended that they consult their surgeon before commencing strenuous activity.
- It is best to avoid wearing make up for four weeks. It is advisable you purchase new make up once you start wearing it again to limit infection risk.
- Do not get your hair coloured or permed for at least 10 days after surgery.
- You can wash your hair, but with your head backwards.
- You can shower/bathe as normal but avoid getting soap/shampoo in your eye.
- You can do light house work and shopping.
- You can watch TV, read as normal.
- Avoid dusty environments.
- Contact us if vision worsens, pain not relieved by over the counter pain killers.

Follow up appointment

You will be reviewed in clinic the next day after surgery. After that you will be reviewed in clinic at Seacroft Hospital weekly for four weeks, to check your eye pressure and make sure the surgery is working well.

Frequently asked questions

Do I still need to wear glasses afterwards?

If your glasses were prescribed to improve your vision then the answer is yes. You may need a repeat eye test three months after surgery, as your prescription may change after surgery.

Contacts

J25 (for advice within the 24hrs after surgery)
Mon - Fri 07.30 - 18.00hrs
Phone: **0113 206 9125** or **0113 206 4761**

Eye clinic SJUH
Phone: **0113 206 4737**

Eye clinic Seacroft
Phone: **0113 206 3695**

Eye Casualty
Phone: **0113 206 4566**

Waiting List Team
Phone **0113 206 5672** or **0113 206 5915**

Out of hours – On call Dr via switchboard
Phone: **0113 243 3144**

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