

## What happens after surgery?

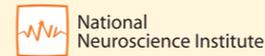
Following surgery, you will be able to resume normal daily activities immediately.

- ➔ You will be given an eye pad and shield to wear after surgery and this will be taken off the day after the operation when you come back for your follow-up appointment.
- ➔ Eye drops will be prescribed for application to the eye.
- ➔ It is normal for your eye to be red, uncomfortable, sensitive to light, teary and have blurry vision.
- ➔ There may be some blood mixed with tears in your eyes. This is normal. Gently wipe away tears and/or blood with a clean tissue.
- ➔ Your eye may feel uncomfortable for a few days due to the stitches.
- ➔ Do not touch or rub your eye.
- ➔ Refrain from strenuous physical activity that may put your eye at risk of injury, as well as areas containing high volume of chemical, dust, and/or debris.
- ➔ Refrain from lifting or carrying heavy objects.
- ➔ Precaution should be taken during shower to avoid any soap, shampoo or water from entering the affected eye.
- ➔ Do not drive for the first few days after surgery, especially if your eye remains uncomfortable or vision is still blurry.



Should you notice any of these symptoms or discomfort, you should seek medical help as soon as possible:

- ➔ If you have aching, persistent pain, swelling or a sudden decrease/ clouding/fogging of vision in the eye.
- ➔ Increasing pain and redness of the eye.
- ➔ Discharge from the eye.



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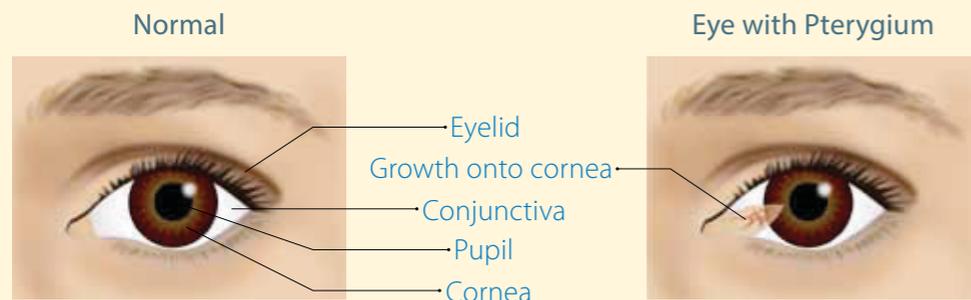


## Pterygium



## What is a Pterygium?

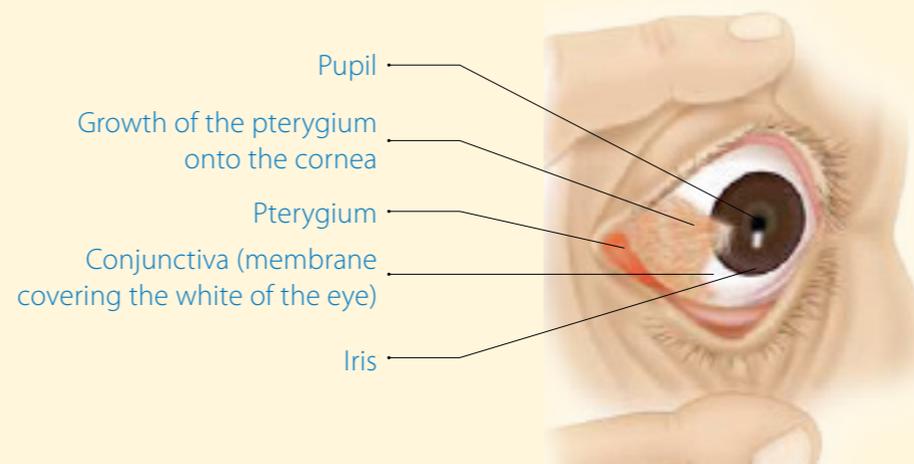
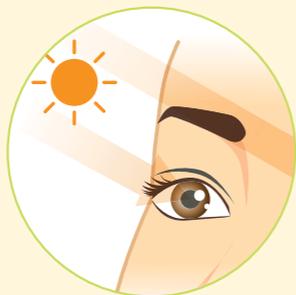
A pterygium is a wedge-shaped growth of tissue that begins from the white part of the eye and extends onto the cornea. It is a slow-growing, benign lesion, and usually remains small and harmless. However, in some patients it may become large enough to affect vision.



## What causes a Pterygium?

The exact cause of pterygium is still not known, and is thought to be due to multiple factors.

- Ultraviolet (UV) light seems to play an important role.
- Contributing factors include exposure to long-hours of sunlight outdoors and dry, dusty conditions.



## How do I know if I have a Pterygium?

- A whitish growth with prominent blood vessels is seen on the inner and/or outer corners of the eye.
- One can get pterygium in one or both eyes

### Pterygium can cause the following symptoms:

- Redness over the affected area
- Eye irritation
- Occasional tearing
- Foreign body sensation
- Blurring of vision (in advanced cases when growth is over the central cornea)

## How can I prevent a Pterygium?

You should use protective sunglasses with ultraviolet ray protection when outdoors or driving, and headgear with brims when exposed to very strong sunlight.



## What kinds of treatments are available for a Pterygium?

- In most cases, a pterygium can be left alone if there are no symptoms or blurring of vision.
- When a small pterygium causes irritation, redness or discomfort, artificial tears can help relieve the discomfort.
- When the pterygium is causing frequent symptoms or is affecting vision, surgical removal is recommended.



## What happens before surgery?

- A series of tests will be conducted to ensure that the patient is fit to undergo surgery.
- Patients on blood thinning medications (e.g. aspirin) may be asked to stop taking them 7 days before surgery.
- All food and drinks (including water) should not be consumed after midnight, on the day before the surgery.