

Post-surgery care

- There may be some discomfort in your eye because of the sutures.
- Next day, you will be asked to see the doctor in the clinic to examine your eye and eye drops will be prescribed.
- Some blurring of vision and redness is common during the first 2 to 3 weeks.
- Do not rub or press the operated eye and wear the eye shield for the first few days at night. This is to avoid rubbing your eye while asleep.
- Avoid strenuous physical activity.
- You may shower but avoid soap, shampoo and water into your eyes.
- Avoid bending your head downwards, lifting or carrying heavy objects.
- Avoid driving for at least 6 weeks after operation.
- Resume your normal diet and rest at home.

If you notice any of the following signs, you should return to A&E department after office hours:

- Increasing pain and redness of the eye
- Discharges from the eye
- Sudden blurring of vision or swelling of the eye

For Enquiry:
Day Surgery - Tel: 6850 3315

Office Hours:
Monday to Friday
8.00 am to 5.00 pm
Saturday
8.00 am to 11.30 am
Sunday & Public holiday
Closed

2 Simei Street 3 Singapore 529889
Tel: 6788 8833 Fax: 6788 0933
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For appointments and enquiries,
please call the CGH Appointment Centre at
Tel: (65) 6850 3333

CGH Appointment Centre operating hours:
8.30 am to 8.00 pm (Monday to Friday)
8.30 am to 12.30 pm (Saturday & Sunday)
Closed on Public Holidays

For more information, please visit
<http://www.cgh.com.sg>

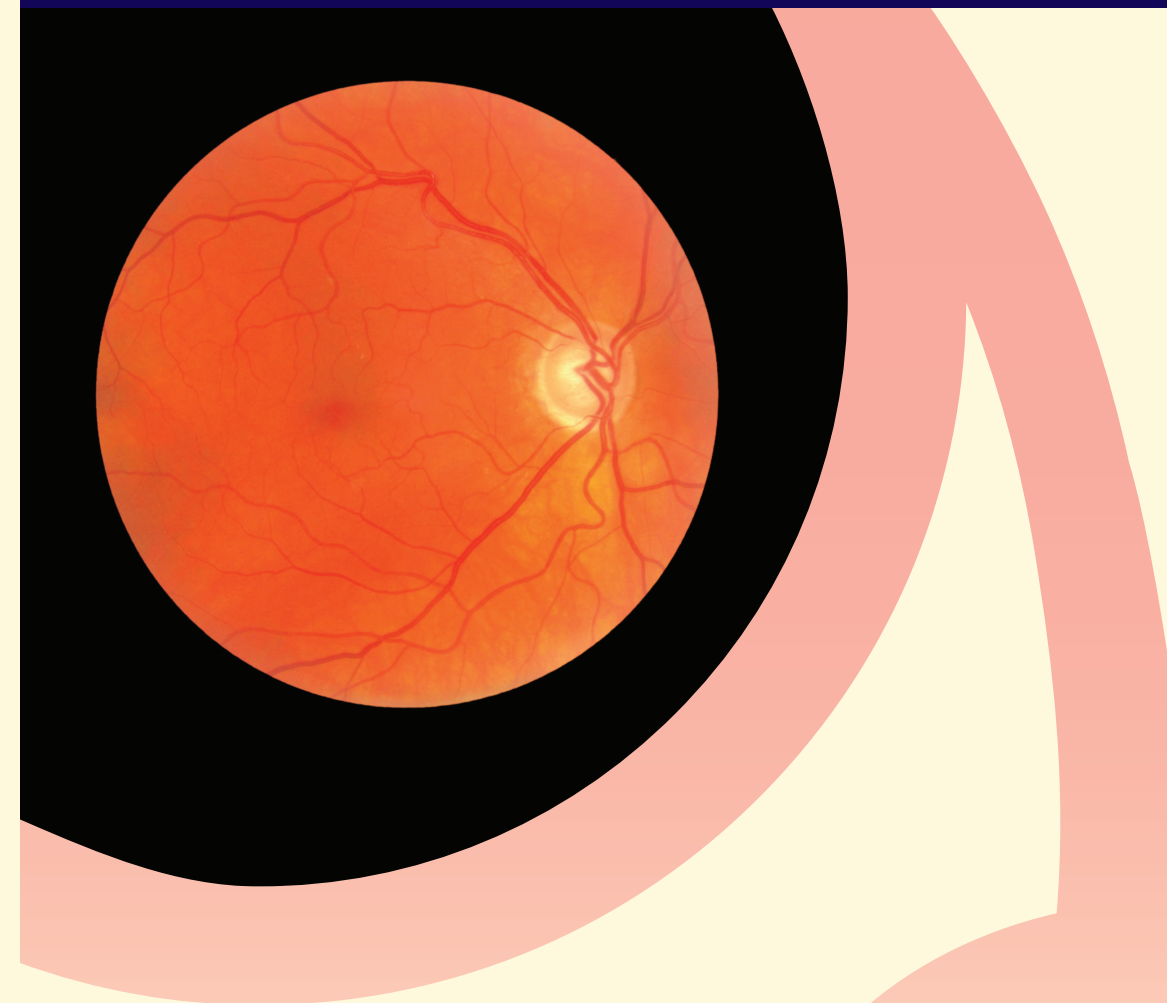
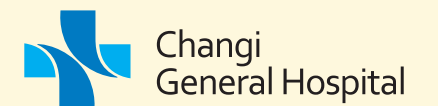


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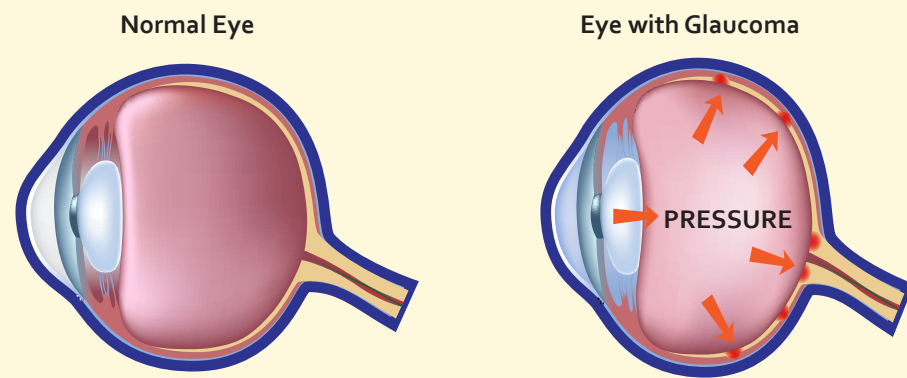
Glaucoma



What is glaucoma?

Glaucoma is an eye disease of the optic nerve which causes gradual vision loss when your optic nerve is damaged by increased eye pressure. If left untreated, glaucoma could in time lead to blindness.

Pressure in the eye helps keep its shape and our vision in focus. To maintain normal eye pressure, the fluid in the eye is produced and drained accordingly.



There are two main types of glaucoma:

- **Closed-angle** – where the angle between the peripheral cornea and iris becomes closed
- **Open-angle** – where the angle is open

Both types may occur either spontaneously (primary glaucoma) or as a result of another eye condition (secondary glaucoma).

What are the symptoms?

In most cases, glaucoma is asymptomatic. However, in acute-angle closure (see below), the following symptoms may occur:

- Sudden rise of eye pressure and pain in the eye
- Red and painful eye
- Headache
- Nausea and vomiting as well as blurred vision

Acute-angle closure is an ocular emergency and can be treated with eye drops and tablets to reduce and prevent the eye from going blind. It can lead to closed-angle glaucoma.

Laser surgery (YAG laser iridotomy) will be required to make a hole in the outer border of the iris to relieve the obstruction and prevent further episodes. The laser treatment is not painful.

Occasionally the eye pressure may remain raised and surgery may be necessary.

Open-angle glaucoma is more common with increasing age. Although the drainage angle is open, there is an increased resistance to aqueous outflow at the trabecular meshwork.

This causes the pressure to rise, resulting in damage to the optic nerve.

How is glaucoma detected?

Regular eye examinations by an eye doctor are the best way to detect glaucoma.

- Measurement of the pressure in the eye
- Examination of the field of vision
- Examination of the optic nerve

Treatment of glaucoma

In most cases, eye drops are used. Occasionally, it is necessary to perform laser or surgery (the most common type of surgery for glaucoma is called Trabeculectomy).



Before Trabeculectomy surgery

- Some test will be done before surgery to check that you are fit enough to undergo surgery.
- You may be asked to apply eye drops for two or three days prior to the surgery.
- The night before surgery, you should stop taking all food and drinks (including water) after midnight.

What happens during Trabeculectomy surgery?

- Normally surgery will be done as a day surgery procedure under general anaesthesia or regional anaesthesia.
- A new channel for the fluid is created to leave your eye.
- After surgery, an eye pad and eye shield will be applied over the operated eye.

