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POST OPERATIVE INSTRUCTIONS FOR PTERYGIUM / CONJUNCTIVAL CYST

- 1) Do not rub or disturb operative eye
- 2) Wear the plastic eye shield while sleeping for 1 week
- 3) No swimming for 1 month
- 4) No bending, squatting, sneezing, coughing or lifting of anything heavier than 10 lbs for 1 week
- 5) Showering is permitted but keep your eyes closed and try not to let the water get into your eye

Medication Instructions

1. Maxitrol / Tobradex : 1 drop 3x/day for 1 month

MAXITROL/ TOBRADEX 1 drop 3x/day for 1 month after surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
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	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
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