

Blue Fin Vision® | Aftercare Guide

After Pinguecula Excision Surgery

Your pinguecula has been removed successfully. This guide explains what to expect and how to care for your eye as it heals.

A Key Principle: Use Your Eyes Normally

You will not harm the eye by using it. You can read, watch television and use your phone, tablet or computer straight away.

No eye pad or covering is needed. Sunglasses can make you more comfortable outdoors in the first few days.

Your Eye Medication

You have been given two treatments. Please use both exactly as below.

Medication	How often	How long	What it does
Chloramphenicol eye ointment	Twice a day	5 days	Protects the eye against infection while the surface heals
Pred Forte eye drops	Four times a day	2 months	Settles the redness and inflammation as the conjunctiva heals

The ointment will make your vision blurry for a short while after each use. This is expected and harmless, and it stops once you finish the ointment.

The drops need to be used for the whole 2 months, even once your eye looks and feels normal. Stopping early can allow redness to return.

Helpful tips:

- Shake the Pred Forte bottle well before each use
- Use the drops first, wait about 5 minutes, then apply the ointment

What to Expect as Your Eye Heals

The conjunctiva (the clear surface layer of the eye) usually closes over within 3 to 4 days.

In the first few days the eye may feel slightly gritty and look red where the pinguecula was removed. The redness then fades gradually over the following weeks while you use the drops.

It is unlikely that your pinguecula will come back.

Daily Activities

You can return to almost everything straight away.

Activity	When
Showering and washing your hair	From the day of surgery
Water in the eye	Not harmful, from the day of surgery
Work	No time off needed
Exercise	From the next day
Sauna and steam room	From the next day
Swimming	After one week

When to Seek Advice

Contact us if you experience:

- Increasing pain
- A drop in vision that does not clear between uses of the ointment
- Redness that is getting worse rather than better
- Sticky discharge or swelling of the eyelids

These are uncommon, but important to assess promptly. Please contact the Blue Fin Vision® team on **07704 225 640**.

Follow-Up

No routine follow-up appointment is needed. At around 2 months, once you have finished the drops, please send us a photograph of your eye so Mr Hove can check how it has healed.

Final Reassurance

Pinguecula removal is a short, well-established procedure, and recovery is quick.

The most important thing you can do is use your drops for the full 2 months.

Otherwise, get back to living your life as normal.