

Glaucoma Tips

1. Damage from glaucoma is accumulative, damage today will show in visual field months and years later.
2. Glaucoma takes the peripheral vision first so patients don't notice this until central vision goes away. You can be legally blind from glaucoma and still see 20/20.
3. Glaucoma is painless it does not give itching dryness or pain in most of the cases. Unless checking for it you might not know you have it. Getting glasses checked without getting an eye exam won't keep you know if you have glaucoma.
4. There is no magic number for a good eye pressure, (like with blood sugar or blood pressure) in the eye the key is to lower the pressure in the eye by at least 33% from when the damage started. If there is a lot of damage or if your cornea is thin your Target pressure will be lower than someone with a thick cornea and very little damage.
5. Bring your medications every visit. With generics changing bottle presentation and very long complicated names it's easier to remember changes and medications if you have them at the time of the visit.
6. The doctor wants to see the pressure with the drops USE the before clinic
7. Drops work only at the time they are instilled, drops from yesterday will not lower pressure today. Some medications work every 24 hours and some work every 12 to 8 hours, try to follow as close as possible so you get your pressure down the entire day and night.
8. Wait 5 minutes between drops even if you are using tears, that way you don't dilute or wash out your medication.
9. To get the medication to work you need to get inside the eye, not in the eyelid, and not rolled inside the eye. ASK for help if it is difficult for you, it's a lot easier for someone else to put the drops on you than to put yourself. ASK your doctor to show you how to use the drops if you feel you don't get them in correctly.