Ophthalmology Department

Post-operative instruction for patients following Vitreo-retinal Surgery

1. Put the eye drops in the eye(s) as instructed.

2. No swimming for 4 weeks
   (to reduce the risk of infection).

3. No high impact exercise or contact sports for 4 weeks
   (to prevent further damage to the eye).

4. The eye may be red for a few weeks and may feel gritty for a short period of time, this will gradually settle.

5. You may feel some discomfort for a few days after your operation. This can be helped by taking analgesia such as Paracetamol.

6. You should ask your eye doctor when you can return to work and driving, as this will depend on your vision.

7. You may wash your hair but avoid soap getting in your eyes.

8. Always keep your outpatient appointment, as they are very important.

9. Your vision will be blurred for a few weeks following the operation.

   You may be able to see the air/gas bubble which will appear as a wobbly black ring in your line of vision. The bubble will move and gradually get smaller or break into smaller bubbles which in turn will be totally absorbed. The bubble will eventually be replaced by the natural fluids produced in the eye.

10. If you develop any of the following symptoms:

    - Significant pain not eased by paracetamol or other painkillers.
    - Sudden loss of vision or vision getting worse.
    - Swelling or itching of eyelids after using your drops.
    - Nausea or vomiting.

11. If you have gas in your eye you will be advised to not fly or drive for a particular duration until the gas is absorbed. You will leave the hospital with a band indicating you have gas/oil in your eye. Should you require other surgery where you will be put to sleep for general anaesthesia whilst you have gas in your eye, we recommend you inform the anaesthetist and surgeon.

12. Your doctor may ask you to lie in a position immediately after or for a few days following surgery, this is to improve the outcome of the procedure.

You can contact the Eye clinic (HRI and CRH) on - 01484 355085 from Monday to Friday (not bank holidays) 9am - 5pm or Saturday 9am - 12 noon

If it is an emergency out of hours, you can contact Ward 8C through the hospital switchboard at Calderdale Royal Hospital.

If you have any comments about this leaflet or the service you have received you can contact :

Ophthalmology Department

Telephone: 01484 355085

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"