

DISCHARGE INFORMATION FOR MR LASH'S PATIENTS
VITRECTOMY (+/- Other PROCEDURE)(2)

EYE DROPS

Wash your hands before putting in the drops
Shake the bottle before putting drops into your eye
Do not let the tip touch your eye (look up and put drop into lower part of eye)
1 single drop is more than enough
Leave a gap of 5-10 minutes between drops
Your GP will be able to give you more drops if you run out

EYE CARE

The Pad should stay on your eye overnight and can be removed the next morning.
You may get a 'light show' the first night- enjoy, it is nothing to worry about and is quite common.
If the eye is sticky in the morning use boiled cooled water and a cotton pad and gently rub the closed eye

After Vitrectomy surgery I may leave the eye full of fluid but more usually I leave a small air bubble. Sometimes I fill the eye with air or gas and **I will tell what I have left at the end of the procedure and when I call on day 1** so do not worry. These 'tamponades' last varying amounts of time but all get smaller, rounder and lower each day.

Small air bubble- 4 days Seen at the bottom of the vision, absorbs rapidly
Complete air fill (Lasts 7 days) No sight on day 1, rapidly gets smaller rounder and lower

SF6 Short acting gas (Lasts 14 days) No sight on day 1, gets smaller rounder and lower. At one week you will feel like a spirit level, half the sight is back.

C2F6 Intermediate acting gas (Lasts 35 days) No sight on day 1, gets smaller rounder and lower over 35 days

C3F8 Long acting gas (Rarely used as lasts 60 days) No sight on day 1, very slowly gets smaller rounder and lower

Rarely, for complex procedures, I use **Oil** and you can see (Poorly) and fly with oil in the eye and it requires another procedure to remove it.

YOU CANNOT SEE / FLY / DRIVE with Gas in the eye.

EYE CARE- Two Weeks

Avoid rubbing operated eye for two weeks

Avoid getting water into the eye for one week and avoid swimming for two weeks

Avoid activities that could result in blunt trauma to the eye for two weeks

Avoid Eye make up for one week

Gentle exercise is fine

To drive you need to feel balanced and be able to read the number plate at 20.5m or 66 Feet. A gas bubble will be very distracting so avoid driving until you feel happy/ comfortable/ balanced

Posturing

I am unlikely to ask you to posture unless there has been a retinal detachment or tear. The regime (if given) should be followed for 45 min per hour for 5 days. I will tell you at the end of surgery if you need to posture and go through it when I call you on day 1. For **macular holes** just **avoid laying flat on your back for one week.**

EMERGENCY: DO SEEK HELP IF

Pain that is not controlled with painkillers- especially a dull severe pain in the socket (Pressure may be high and it is easy to treat)

Any sudden decrease in vision with redness in the first week (Call any time of day) It could be infection (Very rare)

Tiny Floaters are very common and settle over a few weeks but any SUDDEN INCREASE in floaters or flashing lights or Fading vision make contact

Any new Shadow that appears above the gas like a grey curtain (Could be retinal detachment) make contact.

CONTACT NUMBERS

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