

## Day surgery unit

# Going home after retinal detachment repair with oil/gas

Banda Label

This leaflet gives you important information to help you recover after retinal surgery.

## The day of surgery

After surgery, your eye may feel uncomfortable. You can take pain relief such as paracetamol or ibuprofen (unless you have other health problems that prevent this) or use your usual pain relief medicine. Ask for advice if you are not sure.

## Cleaning the right / left eye (the next day)

**Only do this once, in the morning after surgery.**

- Wash your hands.
- Remove the eye dressing. **Keep the plastic eye shield for night-time use.**
- Pour the saline solution over the cotton wool balls.



## Patient Information

- Take one cotton wool ball at a time and squeeze it to remove any excess solution.
- With your eyes closed, wipe the eyelids gently from the bridge of the nose outwards. Discard the cotton wool ball after each wipe. **Do not** press on the eye.
- Repeat until the eyelids look clean.
- Wash your hands again.
- Put in the drops as instructed.

Your vision may be blurred after surgery and may stay blurred for up to 6 weeks. This is normal.

## Posturing

After your surgery, the medical team will explain how to posture. You will also be given the following leaflet - "Posturing following eye surgery."

It is very important to maintain your posture for 50 minutes of every hour, with a 10-minute break each hour to rest.

## Follow-up appointments

Your first appointment will be the **next day**. All future appointments will be arranged from then on.

Please bring your eye drops with you to your appointments.

## Eye drops: right eye / left eye

You will receive guidance about which eye drops to use and how often to use them.

To help you remember, please use the chart on the next page to record when to put your drops. If you need more drops, please get fresh supplies from your GP.

## Patient Information

<b>Medicine name</b>	<b>8 am</b>	<b>10 am</b>	<b>12 Noon</b>	<b>2 pm</b>	<b>4 pm</b>	<b>6 pm</b>	<b>8 pm</b>	<b>10 pm</b>

### **Eye shield**

Wear the eye shield **every night** for 4 weeks to protect your eye while you sleep. This helps stop you from accidentally rubbing your eye. Use surgical tape to keep it in place.

### **Caring for the shield**

- Wash the eye shield under running water.
- Use soap to clean it.
- Dry it with a clean tissue.

### **Things you can do**

- Arrange for someone to stay with you until you feel able to manage on your own.
- Take it easy for a few weeks, then slowly return to normal activities.
- You can watch television if it feels comfortable.
- Read as much as it feels comfortable.
- Wear sunglasses outside if it is windy or very bright and sunny

### **What you should avoid**

- Do not rub or touch your eye.
- Any vigorous activity or anything that causes strain, including sports.
- Avoid driving until you can read the new style car number plate at 20 metres with both eyes open and you are confident about your driving ability.
- Do not wear eye make-up for 3 weeks.
- Splashing water into your eye. Shower from the neck down and wash your face with a clean flannel or cloth. For the first week, back-wash your hair and avoid getting soap or shampoo in your eye.
- Stay away from dusty or smoky environments.

### **Travelling abroad**

Please discuss any travel plans with your surgeon before you go.

### **Contact the hospital if:**

- Your eye becomes more red or more painful than it was when you went home.
- Your eye develops a sticky discharge.
- Your vision starts to get worse.
- You find light very uncomfortable (sensitivity to light).
- You feel sick (nausea).
- You notice more floaters or flashing lights in your vision.

## Patient Information

### Contact numbers

#### University Hospital Coventry

Ophthalmology Day Case Unit

Monday to Friday, 7.30am - 5.30 pm

Tel: 024 7696 5923/6852

#### Rugby St. Cross

Day Surgery Unit

Tel: 01788 663264/26852

Emergency eye appointment contact details are on the last page.

### Letter for your GP

You will be given a letter to take to your GP. If you are unable to deliver it yourself, we can post it for you.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6868/6852 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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# Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk) and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

**In the event that you feel you cannot wait to speak to someone, or do not have online access, then you may call 0247 696 4800.**

**This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).**

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.