

Patient Information

## Eye Unit

### Department of Ophthalmology

# Going Home after Combined Retinal Detachment Repair and Cataract Surgery with Oil/Gas

Banda Label

This booklet aims to give you the information you need whilst recovering from combined surgery.

### The Day of Surgery

You may experience some discomfort. Take pain relief such as paracetamol, ibuprofen (unless any health problems prevent this) or your usual pain relief medication. Please ask for advice if you are not sure.

## Cleaning the Right/ Left Eye (The following day)

**Only do this once on 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



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- Take one cotton wool ball at a time and squeeze to remove the excess solution
- Wipe the eyelids gently from the bridge of the nose outwards with the eye closed. Discard cotton wool ball after each wipe. **Do Not** press on the eye at all.
- Repeat until the eye lids appear clean
- Wash your hands again.
- Put in the drops as instructed

### **Posturing**

Posturing involves keeping your head in a certain position to ensure that the bubble of gas or oil remains in the correct position to help the repair of your retina. It is a very important part of your recovery.

### **You will be informed by the staff how to posture and will be given the leaflet “Posturing following eye surgery”**

Remember to maintain your posture for 50 minutes of every hour. This gives you 10 minutes break every hour.

Night time posturing will be explained to each individual patient as is applicable.

### **Follow Up Appointments**

Your **first appointment** will be the **next day**.

All subsequent appointments will be arranged from then on.

### **Please bring your eye drops with you to your appointments.**

If you have any questions please make a list and bring it with you.

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### Eye Medication: RIGHT EYE / LEFT EYE

You will receive guidance about your eye drops from staff. The chart below will be of help to remind you when to use your medication

Medication Name	8 AM	10 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

### Eye Shield

Wear the eye shield every **night** for **four weeks**. This is to ensure you do not accidentally rub your eye while you are asleep. Secure it with surgical tape.

### Care of Shield

- Wash the eye shield in running water
- Use soap and rinse thoroughly
- Dry with a tissue

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### **What you can do...**

- Arrange for someone to be with you until you feel able to cope on your own.
- Take things easy for a few weeks and then gradually build back up to a normal activity level.
- Watch television and read in moderations, or as much as comfortable.
- Wear sunglasses outside if it is windy or very bright and sunny.

### **What you should avoid...**

- Rubbing your eye.
- Any vigorous activity or activities that cause strain, including sports.
- Driving until you are able to read the new style car number plate at 20 metres with both eyes open and you are confident enough to drive.
- Do not wear eye make-up for three weeks.
- Splashing water into eye. Shower from the neck down and wash your face with a clean flannel or cloth. Back-wash your hair for the first week.
- Getting soap or shampoo in the eye.
- Dusty or smoky environments.

### **Travelling abroad...**

It is advisable to discuss any travel plans in advance with the surgeon.

**Air travel must be avoided until the gas bubble disperses.**

### **Contact the hospital if...**

- Your eye becomes more painful or more red than on the day you went home
- Your eye develops a sticky discharge
- Your vision begins to deteriorate or you cannot stand the light
- You begin to feel nauseated
- You experience more floaters and flashing lights

## Patient Information

### Contact numbers

#### Eye Casualty Department, University Hospital Coventry

Tel 024 7696 6627 (Clinic 9)

Monday to Thursday	8.30am – 4.30pm
Friday	8.30am – 4.00pm
Saturday	8.30am – 12.00noon

#### For Administrative Queries:

Wendy Sherriff (Mr. Hero's Secretary)

Monday – Friday: 8am – 4pm

024 7696 6494

Jackie Underhill (Mr. Walter's Secretary)

Monday – Friday: 8am – 4pm

024 7696 6496

If the Eye Casualty Department is closed, there is an on-call Ophthalmologist available for clinical advice through the hospital switchboard

Tel 024 7696 4000

Outside these opening times please attend the Accident and Emergency Department at University Hospital Coventry

### General Practitioner

You will be given a letter to take to your GP, or if you are unable to deliver it, 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 6494 and we will do our best to meet your needs.

#### Document History

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