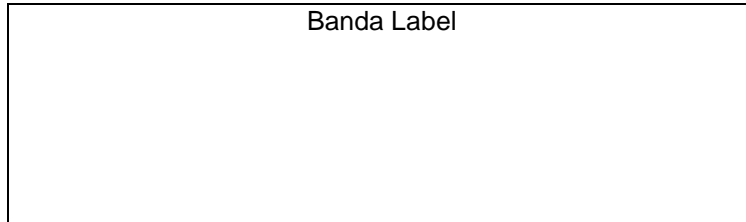


## The Eye Unit



## Going Home after Retinal Detachment Repair WITHOUT Oil / Gas

This booklet aims to give you the information you need whilst recovering after retinal 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
- Take one cotton wool ball at a time and squeeze to remove the excess solution



## Patient Information

- 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

Your vision may be blurred following surgery, and may remain blurred for up to 6 weeks. This is normal.

## 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.

## Important

**Please see overleaf for information about instilling your eye drops**

Patient Information

**Eye Drops: Right Eye / Left Eye**

**You will receive guidance about your eye drops .The chart below will be of help to remind you when to instil your drops.**

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

## Patient Information

### 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 the shield

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

### 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 moderation, or as much as comfortable
- Wear sunglasses outside if it is windy, very bright or 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 about your driving ability.
- 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. Avoid getting any soap or shampoo in the eye.
- Avoid dusty or smoky environments.

## Patient Information

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

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

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

- Your eye becomes more painful or 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.

### **Contact numbers**

#### **UHCW Eye Casualty (Clinic 9) Tel 024 7696 6627**

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

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

#### **UHCW NHS Trust Ophthalmology Day Case Unit**

0247696 5923

Monday-Friday 7:30am-5:30pm

#### **For Administrative Queries:**

Davina Shields (Mr. Dong Park's Secretary)

(Monday – Friday 8am – 4pm)

Tel: 024 7696 6494

## Patient Information

**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.

The Trust operates a smoke free policy

<b>Document History</b>	
Department:	Eye Unit
Contact:	25923
Updated:	February 2020
Review:	February 2022
Version:	4.1
Reference:	HIC/LFT/1045/10