

## Ophthalmology



# Going home after Macular Hole Surgery

This leaflet aims to give you the information you need whilst recovering from Macular hole 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.

Important: If you are discharged with an eye pad you should not drive.

**Also** keep the gas wristband on until the hospital removes it.

## Posturing

Staff will explain to you how to posture.

**You will also be given the following leaflet: “Posturing following eye surgery”. Please ask staff if you haven’t received a copy of this information.**

Remember to maintain your posture for 50 minutes of every hour.

This will give you 10 minutes break every hour.

## Please Note

The gas bubble in your eye will make your vision very blurry for a while. This is only temporary. As the gas is absorbed you may see a wavy line across your vision which is the divide between the gas and liquid content of the eye. This will slowly move and then disappear over a period of weeks.

## Your next appointment

Your next appointment will be the following day.

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

All subsequent appointments will be arranged from then on. Please bring all your eye drops with you to your appointments.

## Patient Information

You will receive guidance about your eye drops from staff. The chart below will help to remind you when to put in your drops.

### Right Eye / Left Eye

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 make sure you do not accidentally rub your eye whilst asleep) Secure with surgical tape.

### Care of Shield

- Wash the eye shield in running water.
- Use soap and rinse.
- Dry with a tissue.
- Shower from the neck down and wash your face with a clean flannel or cloth. Back wash your hair for the first week.

### What you can do

Maintain your posturing position as advised.

Arrange for some one to be with you until you feel able to cope on your own.

### What you should avoid

- Rubbing your eye.
- Splashing water in your eye.
- Getting soap or shampoo in your eye.
- Dusty or smoky environments.
- Sexual relations should be limited to a kiss and a cuddle whilst you are posturing.

### Travelling Abroad

We advise you **not to** fly in an aeroplane until the gas bubble has fully disappeared. Please check with the surgeon before you make any travel arrangements.

### Please contact the hospital if:

- Your eye becomes more painful or more red than on the day you went home.

## Patient Information

- Your eye develops a sticky discharge.
- Your vision begins to deteriorate or you cannot stand the light.
- You experience more floaters and flashing lights.

## 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.

## For Administrative Enquiries

Miss Lee or Mr Park's secretary

Monday to Friday 8.00am - 4.00pm

Telephone 024 7696 6494

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5922 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### 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.