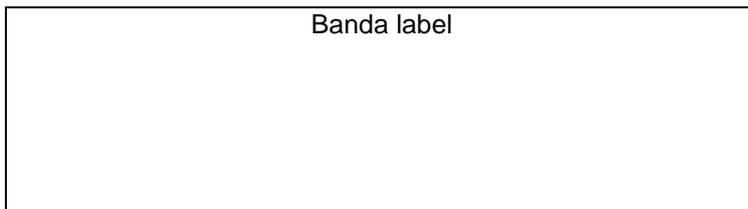


The Eye Unit

Going Home after Vitrectomy for Diabetic Vitreous Haemorrhage



This booklet aims to give you the information you need following retinal surgery.

The day of surgery

You may experience some discomfort. Take pain relief such as Paracetamol, ibuprofen (unless any other health problems prevent this), or your usual pain relief medication. Please ask for advice if you are unsure.

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
- 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.



Patient Information

- 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 several weeks. This is normal.

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 following leaflet “Posturing following eye surgery”

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

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: Left Eye/Right 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

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.

Patient Information

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.

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.

Patient Information

- 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

Ophthalmic Day Unit : Monday to Friday 7:30-17:30 02476965923

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.

Document History

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