

Ophthalmology

Going home after combined retinal detachment repair and cataract surgery with oil/gas

Banda Label

This leaflet 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

Only do this once on the morning after the 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.

Posturing

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

You will be informed by staff how to posture, and you 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.

Patient Information

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 **4 weeks**. This is to make sure you do not accidentally rub your eye while you are asleep. Secure it with surgical tape.

Patient Information

Care of shield

- Wash the eye shield in running water
- Use soap and rinse thoroughly
- 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 slowly 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 can 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 makeup for 3 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 with the surgeon.

Air travel must be avoided until the gas bubble disappears.

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 worsen, or you cannot stand the light.
- You begin to feel nauseated (sick).
- You experience more floaters and flashing lights.

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 – 13.00pm

For administrative queries

My consultant:	
Their secretary's phone number	

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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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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 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 024 7696 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.