

Eye Unit

Going home after retinal detachment repair with oil / gas

Banda Label

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 your usual 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.



Patient Information

- Take one cotton wool ball at a time and squeeze it to remove any excess solution. Wipe the eyelids gently from the bridge of the nose outwards with the eye closed. Discard the 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.

Posturing

You will be informed by the staff how to posture. You will also 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: 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 |
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Patient Information

If you require additional drops, please obtain fresh supplies from your own GP.

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 the eye shield in place 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. After this, 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 – avoid driving until you can 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 3 weeks.
- Splashing water into your 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 your 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

Ophthalmic Day Unit: Monday-Friday, 7:30am to 5.30pm
Tel 024 7696 5923

Emergency eye appointment contact information is on the next page.

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 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.

Patient Information

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.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

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