

RETINA ASSOCIATES OF KENTUCKY
ONE DAY AFTER SURGERY INSTRUCTIONS

Name _____

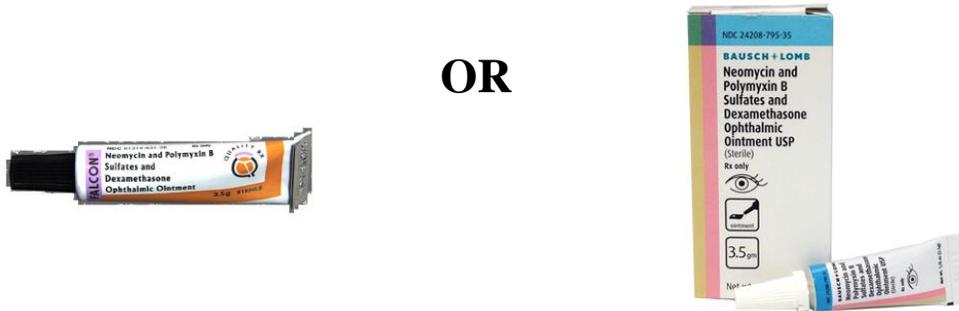
Date _____

You had retina surgery yesterday. The success of the surgery depends on you – if you follow these instructions, you are more likely to do well with surgery.

Eye Medication

You will start using one combination eye ointment today.

Place ¼ inch strip of ointment in the lower lid every morning and evening for the next week. Do not touch the tip of the tube to your eye. The ointment itself is thick and will blur your vision. Depending on the location of your surgery, your tube of ointment can look like **ONE** of the following:



Possible additional drops or pills:

What can I do (activity limits) in the first week?

It is important to avoid any form of strenuous activity for about a week, including lifting anything greater than 20 pounds or bending over. You should not rub your eye, but you can wipe any tears with a clean tissue as they run down your cheek. You can take a shower, but avoid getting water in the eye. Wear your regular eyeglasses or sunglasses at all times during the day. Use the shield at bedtime (with the plastic tape included in your Post Operative Kit).

The Post Operative Kit

The post operative kit contains protective sunglasses, eye patches, and plastic tape. The sunglasses can be worn over a standard pair of eyeglasses. The plastic tape should be used to hold the protective shield in place at bedtime.

OVER →

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What position should I be in?

Some surgeries for various problems (such as Macular Hole and Retinal Detachment) require you to sit or lie in one or two positions for several days after the surgery to help make the surgery successful. It is important that you try to remain in the proper position as much as possible. It is reasonable to be upright to eat, use the restroom/shower, to “get around the house”, and to put drops in the eye. It is also very important to try to stay in the position while you sleep.

Your Position Should Be (circled):

FACE DOWN

RIGHT SIDE DOWN

LEFT SIDE DOWN

UPRIGHT

ANY POSITION

NOT ON YOUR BACK

OTHER _____ For _____ min/hour for _____ days

What should I expect?

The eye may be “scratchy” or even somewhat painful in the first few days after surgery. In most cases, all you’ll need is Tylenol™, but you should call us if Tylenol™ alone doesn’t help. It is also normal if your eye is red and you may have a few blood-tinged tears. It is also common to have swelling around the eye (particularly if you are placed in face down or side down position).

How soon you can see after the surgery depends on the type of surgery that you had, why you had surgery, and whether gas or air was placed in the eye at the time of surgery. It can take a month or longer for the vision to improve.

What should I watch for?

If pain, redness or swelling around your eye get worse, you need to call us. Other reasons to call us would be if you notice a lot of yellowish discharge from the eye, pain so bad the prescription pain medicine isn’t strong enough, pain so bad that you get sick to your stomach, or if your vision (which may not be very good) gets worse.

What should I do if there is a problem or concern?

The doctors and staff at Retina Associates of Kentucky take great pride in providing the best care for you. If you have a question or concern, call us anytime, 24 hours a day, 7 days a week. Simply call the office number: **1-800-627-2020** and ask for the doctor on call. Thank you for trusting us with your vision.

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