

RETINA ASSOCIATES OF KENTUCKY
SAME DAY SURGERY INSTRUCTIONS

Name _____

Date _____

Thank you for trusting Retina Associates of Kentucky with your retinal surgery today. To help with the success of your surgery, we have provided some information regarding expectations and limitations you may experience during your recovery period.

Post-op Appointment

Dr. Stone will see you today at _____ AM/PM, at our main Louisville office; 6450 Dutchmans Parkway. **Please bring this sheet and the blue bag with you.**

Please don't do anything strenuous before your appointment later today. Rest. You shouldn't have much discomfort, but if you do, you can take Tylenol or ibuprofen.

Eye Medication

Your eye will be patched after your surgery. During your post-op visit, the patch will be removed so the doctor may examine your eye. After the examination, we will re-patch your eye. **You can remove the patch at home the morning after surgery.** Please start using the drops and eye ointment once the patch has been removed.

DROPS: Prednisolone Acetate 1%

OINTMENT: Erythromycin

Place one drop and a small amount of ointment (5 minutes apart) in the eye every morning and evening for the next week unless otherwise directed. Please be careful not to touch the tip of the eye drop to your eye as this will contaminate it and could cause infection.

Possible Other Drops and/or pills:

What are my Activity Limitations for the first week?

It is important to avoid any form of strenuous activity for about a week. These include: don't lift anything greater than 20 pounds or bend over. Avoid rubbing your eye. You can wipe away any tears with a clean tissue if they run down your cheek. You can take a shower but avoid getting water in the eye. It is OK to wear your regular eyeglasses or sunglasses during the day. **For the first week, use the shield at bedtime to help protect the eye while sleeping.**

The Post-Operative Kit in the blue bag

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

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What Position should I be in?

Some surgeries may require you to sit/lay in a certain position to help the healing process. You can be upright while eating, using the restroom/showing, placing the eye drops in your eye and moving around the house. Proper positioning can help make your surgery a success.

Your position should be (circled): ANY POSITION - NOTHING SPECIFIC -OR-

While awake

READING POSITION (Leaning half way forward)

FACE DOWN - ALL THE WAY

LEFT SIDE DOWN

RIGHT SIDE DOWN

While sleeping

FACE DOWN

LEFT SIDE DOWN

RIGHT SIDE DOWN

For _____ min/hour for _____ days

AVOID LYING FLAT ON YOUR BACK

Expectations

You may experience a “scratchy” or even somewhat painful sensation in the first few days after surgery. In most cases, Tylenol will help. If you feel Tylenol tm doesn’t help please call our office. It is also normal if your eye is red and you have a few blood-tinged tears. Swelling around the eye can sometimes occur particularly if you are placed in face down or side positions.

Vision expectations will depend on the type of surgery you had, why surgery was needed and whether gas or air was placed in the eye at the time of surgery. Visual improvement can be slow and take several months to improve.

What should I watch for?

If pain, redness or swelling around the eye starts to get worse, please call our office. Also watch for yellowish discharge from the eye, severe pain that doesn’t improve with pain medication, severe pain that causes nausea/vomiting or worsening vision. (which may be limited from the gas/air/oil bubble)

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, **please don’t hesitate to reach out to us anytime, 24 hours a day, 7 days a week. You may simply call the office at 1-800-627-2020** and follow the prompts to speak to a staff member or doctor on call if after hours. Again, thank you for trusting us with your vision.