

RETINA ASSOCIATES OF KENTUCKY  
ONE WEEK AFTER SURGERY INSTRUCTIONS

Name \_\_\_\_\_

Date \_\_\_\_\_

You had retina surgery last week. The first week is usually the most difficult time, but there are still ways you can help make the surgery a success.

### Eye Medication

In most cases, you will need to continue with Neo/Poly/Dex ointment. You will taper off of this.



**Neo/Poly/Dex- Use ¼ inch strip at bedtime for 1 week then stop.**

**Additional Drops:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

You can begin to resume normal activities, but for another week, don't do anything that causes a lot of strain. Still avoid getting water in the eye. You no longer need the shield at night. Ask your doctor if you have questions about a specific activity you wish to do. Usually, two weeks after surgery you can go back to your regular activities.

### What position should I be in?

If you had to be in a special position the first week, your doctor will tell you how much longer he wants you to stay that way.

### Your Position Should Be (circled):

FACE DOWN

RIGHT SIDE DOWN

LEFT SIDE DOWN

UPRIGHT

ANY POSITION

NOT ON YOUR BACK

OTHER \_\_\_\_\_

FOR HOW LONG: \_\_\_\_\_

### What should I expect?

Any swelling, pain and redness should continue to improve. If they don't, call us. How soon you will see is different for everyone, but it can take a month or longer. Wait until your one month visit with us before you go back to your regular eye doctor for new glasses.

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

If you have a question or concern, call us anytime, at **1-800-627-2020** and ask for the doctor on call. Thank you for trusting us with your vision.

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