

Posturing after retinal surgery

This leaflet gives advice on posturing after surgery for patients who have undergone retinal surgery. Posturing and following the advice given by your doctor and nurses is very important and the success of your operation depends upon it.

After your operation

Following surgery, your doctor or nurse will show you how to position your head, using a pillow or support, in a way that will aid the repair of your retina – known as ‘posturing’. This is the hardest part of the recovery following your surgery but the most important. When you go home, you need to continue to posture until you return to the clinic for your first follow-up appointment.

A gas bubble will be put in your eye during the operation and the posturing positions the bubble so that it pushes the retina flat. The gas bubble may be seen as a black line, which gets smaller as it is absorbed by the body. Do not expect to see very much from your eye whilst the bubble is present.

Instructions to follow after your operation

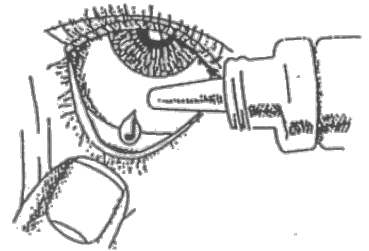
1. Posture for 50 minutes in every hour, with your head in the position shown to you by your doctor or nurse. This leaves 10 minutes in each hour for carrying out any normal activities such as eating, washing, going to the toilet etc.
2. Sleep in the position recommended by your doctor or nurse – may be face down or on your side.
3. You can wash your face (and shave normally), but do not rub or press on the eye. Keep water out of your eye when washing your hair.
4. Use the eye drops and any other medication as prescribed.
5. You must not fly in an aeroplane until the gas bubble in your eye has gone (this can take between 2-8 weeks) and you have been given the ‘all clear’ by your doctor.
6. Your eye may look red and be slightly painful after the operation. This will gradually get better as you use your eye drops and take any pain relief

you have been prescribed. If this does not control the pain, contact the hospital on the number listed on the back of this leaflet.

7. After you have been for your first follow-up appointment, the doctor will advise you about returning to your normal routine. This generally means that you can return to work if the work is not heavy or strenuous. You may take light exercise. The only precaution you must take is to avoid direct injury to the eye. If you have any particular queries, please ask the doctor at the clinic.
8. **If you notice your sight getting worse rather than better, you should contact the Eye Unit as soon as possible.**

Putting in eye drops

1. Wash your hands thoroughly.
2. Tilt your head back and look at the ceiling.
3. Gently pull the lower eyelid down until there is a small pocket (use a tissue or cosmetic pad to do this).
4. Squeeze the bottom of the dropper/bottle to release a drop into the eye.
5. Release the lower lid and close your eye for 30 seconds. Dab any excess fluid with a tissue.
6. Wash your hands.



Contacting us

If you have a minor eye problem, please seek advice from your GP, optician or pharmacist. If urgent, please attend Eye Casualty or call 111.

Eye Casualty (Reading):	Mon-Fri 8.30am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day.
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 8.30am to 5pm; Sat 8.30am-12.30pm; Closed Sun & bank holidays.
Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

Eye Day Unit (PCEU Windsor)	01753 636496 Mon-Fri 7am to 6pm)
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Please ask if you need this information in another language or format.

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