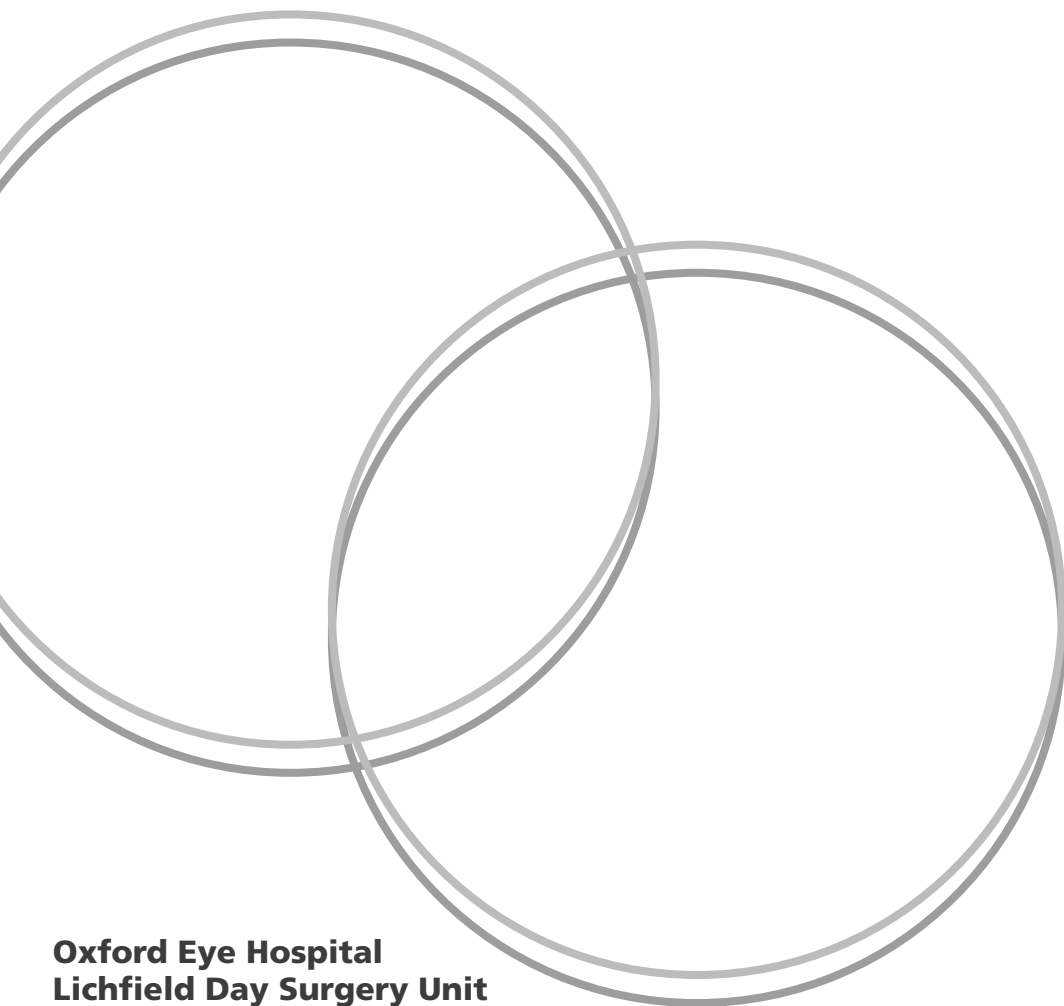




Oxford University Hospitals
NHS Foundation Trust

Advice for Patients After Vitreoretinal Surgery

Information for patients



Oxford Eye Hospital
Lichfield Day Surgery Unit

Your eye drop regime is as follows:

The following drops should be applied to the operated eye only, starting the morning after surgery.

| Drop | Time | Action |
|----------------------------|---|-------------------|
| Chloramphenicol | One drop, four times a day for: 2 weeks / 3 weeks / 4 weeks (delete as applicable) | Antibiotic |
| Dexamethasone (Maxidex) | One drop, four times a day for: 2 weeks / 3 weeks / 4 weeks (delete as applicable) | Anti-inflammatory |
| Cyclopentolate | One drop, four times a day for: 2 weeks / 3 weeks / 4 weeks (delete as applicable) | Enlarges pupil |

- When putting the eye drops into your eye do not allow the bottle tip to touch the eye.
- Do not allow other people to use your eye drops.
- Discard any drops left after one month, but check with your eye doctor if you should use drops after this time.
- If your drops run out in between visits to the Eye Hospital, please ask your GP for a repeat prescription.

How to apply your eye drops

1. Always wash your hands before putting in the drops.
2. Sit or lie with your head tilted backwards.
3. Gently pull the lower lid down with one finger.
4. Holding the bottle on the bridge of your nose or on your forehead, squeeze one drop into the eye.
5. Close your eye and gently blot excess drops with a clean tissue.

Positioning after surgery

Keep your head either:

- Face down*
- Right cheek to pillow*
- Left cheek to pillow*
- Alternate cheeks to pillow.

For 5* / 14* days

(*delete as appropriate)

Take a ten minute break from positioning every hour.

Positioning is **not always** necessary after vitrectomy. You will be told if you need to follow these instructions after your operation.

Instructions after your operation

- Try not to rub or touch the eye.
- Please avoid getting the eye wet for two weeks following surgery and consider using dry shampoo during this time. You could also wear scuba-diving goggles when showering if you have them. (*Please wear the eye shield at night for one week whilst sleeping.)
- When washing your face, avoid the eye area. If necessary, bathe the eye with cooled boiled water and cotton wool.
- If no positioning is required, avoid strenuous activity (weight lifting and swimming) for two weeks.
- Watching TV and reading will cause no harm.
- Your vision will remain blurred/poor for several weeks.
- Often the vision is distorted after surgery. This will vary depending on the type of operation, e.g. if a gas bubble is inserted into the eye, as the bubble shrinks you might see the edge of the bubble. With laser treatment, black dots are common.
- Do not drive or fly whilst the gas bubble is in the eye. Duration of the gas bubble would be explained to you following the procedure, and ranges between three weeks to three months.
- Expect your eye to be swollen. If you are posturing after surgery often this swelling can get worse after the first day and can affect the fellow eye. This is quite normal and can look like one large “blister” on your eye lid.
- It is expected that your eye will be uncomfortable after surgery. This can be a dull ache or sharp shooting pain. The regular use of pain killing tablets such as Paracetamol or Ibuprofen is recommended for the first 3 to 4 days after surgery.
- Your pupil will remain enlarged whilst taking the cyclopentolate eye drops.
- If you notice any sudden loss of sight or intense pain, please contact the hospital immediately.

Please note:

Your follow-up appointment will be in the Eye Hospital, Outpatients Department (Level LG1), unless we tell you otherwise.

If you have any queries or concerns, please contact:

Lichfield Day Surgery Unit

Telephone: **01865 231 296**

Monday to Friday 7am to 8pm

If you have an eye emergency, please do not come to Oxford Eye Hospital straightaway.

Call our specialised telephone triage number, you will be able to speak to an ophthalmic health professional who will advise you:

Triage

Telephone: **01865 234 567** choose **option 1** followed by **option 1**

8.30am to 4.30pm Monday to Friday

8.30am to 3.30pm Saturday and Sunday (including Bank Holidays)

If you need advice **out of hours**, please phone **NHS 111** or your out of hours GP practice.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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www.ouh.nhs.uk/information



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