

Post-Operative Instructions: What to expect after your eye surgery

MEDICATIONS:

- Post-operative eye drop instructions will be reviewed the day after your surgery at your appointment.
- Bring all eye drops that you are currently using to each clinic appointment.
- Resume all other medications unless instructed otherwise.

PAIN:

- Following the surgery, pain is most likely during the first 24 to 48 hours and then slowly subsides over the next several days.
- Extra-strength Tylenol is recommended for pain and may be taken every 4 hours. If the pain becomes excessive or if nausea or vomiting occurs, contact our clinic.
- The eye may remain red for up to one month after surgery. Some mucous or blood-tinged discharge is common. Stringy, white material can build up on the eye if prednisolone (Pred Forte) drops are used. This is caused by the medication and is not a concern.

ACTIVITIES:

- For the two weeks following surgery avoid vigorous activities such as running, jumping, or bouncing-type activities. Lifting is restricted to 20 lbs.
- When washing your hair or bathing try to keep the water out of the eye (salon style bathing).
- If a GAS or AIR bubble was placed in the eye, **do not fly in an airplane** until the gas bubble is gone (**very important**). **Also, do not undergo any surgery without informing the anesthesiologist that you have a gas bubble in the eye (very important!).** We should be contacted if you still have the gas bubble before any other surgery is performed. Silicone Oil in the eye will **not** expand with anesthesia or airplane rides and is not a problem for these.
- Prior to driving, check with us at your follow-up appointment.

POSITIONING:

- If a GAS or AIR bubble or SILICONE OIL was placed in the eye during surgery, specific positioning of the head will often be required. The head positioning and bubble or oil are used to keep the retina stable while it heals. This position should be maintained for as much time as possible, allowing for only short breaks to eat and go to the restroom. You will have specific instructions for your case.
- Gas or air bubbles will slowly be re-absorbed by the body. Silicone oil stays in the eye and is often removed later.
- When positioning face-down, you may notice a painless, watery swelling of the eyelids and surrounding tissue, this should resolve once you are done with the positioning.

EYE SHIELD:

- Continue to use the eye shield during naps or at bedtime to protect your eye from being bumped or rubbed while sleeping as long as you feel necessary.
- Apply tape to the shield lengthwise, so the tape extends from the middle of the forehead to your cheek.

COUMADIN/PLAVIX:

- If you were using Coumadin or Plavix prior to your surgery, please resume taking it after your first day post-op visit, unless instructed otherwise.

**IN CASE OF AN EMERGENCY, OR IF PROBLEMS ARISE
DURING OR AFTER BUSINESS HOURS CALL:**

Central Minnesota Retina Specialists:

320-230-8555 or (toll-free) 866-667-8585