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**Post-operative Instructions for Macular Hole Surgery**

- Clean the eyelids gently with boiled warm water every morning
- Try not to rub your eye – wear protective sunglasses / your own normal glasses during the day and the eye shield at nights during the first week after the operation
- Posture **face down** for **30 minutes out of every waking hour** for one week:

You can **either**

(1) face down by lying on your chest on your bed and hanging the head over the end of the bed

**or**

(2) Bend forwards and face down.

The first position is probably easier on your back.

If you like, you can watch TV through a 45 degree mirror left on the floor in front of the TV or read using your good eye.

- At nights please sleep either with right or left cheek to pillow, but **NOT** on your back, as the gas hitting the natural lens can cause an early cataract. If you have already had a cataract operation in the eye it is okay for you to sleep lying on your back
- While there is gas inside your eye you should **avoid flying until the gas is gone from the eye**
- While there is gas inside the eye, **refrain from vigorous exercise or movement** that may break the gas bubble into multiple bubbles.

- You may bath or shower but avoid getting soapy water into the eye.
- You may buy a pair of sunglasses or clip-ons if the light seems too bright