

Mr Kaykhosrov Manuchehri MB BCh (Hon) BAO FRCOphth
Consultant Ophthalmic and Vitreo-retinal Surgeon

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Post-operative Instructions for Retinal Re-attachment Surgery
(Vitrectomy)

- Clean the eyelids gently with boiled warm water every morning
- Try not to rub your eye – wear protective sunglasses or your own normal glasses during the day and the eye shield at nights during the first week after the operation
- Posture **as per instructions of Mr Manuchehri**, if you need to posture post-operatively. IF YOU ARE UNSURE AS TO WHETHER YOU NEED TO POSTURE POST-OPERATIVELY PLEASE ASK ONE OF THE NURSING STAFF BEFORE YOU LEAVE THE HOSPITAL.
- 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, as you cannot develop a second cataract.
- 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.
- Use your drops as per post-operative instructions. If no such instructions have been given then please check with the nursing staff before you leave the hospital. The drops do not need to be taken until after you have seen Mr Manuchehri for the first day post-operative examination.