

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

The Chiltern Hospital  
London Road  
Great Missenden  
Bucks  
HP16 0EN

The Saxon Clinic  
Chadwick Drive  
Saxon Street  
Milton Keynes  
MK6 5LR

Spire Thames Valley Hospital  
Wexham Street  
Wexham  
Bucks  
SL3 6NH

Spire Harpenden Hospital  
Ambrose Lane  
Harpenden  
Hertfordshire  
AL5 4BP

*Private Secretary: Luisa Ramirez*  
*Tel/Fax: 01296 434352, 07835 977069*  
[luisa@worldvisionltd.co.uk](mailto:luisa@worldvisionltd.co.uk)

**Post-operative Instructions for Vitrectomy/Epiretinal membrane peel**

- Clean the eyelids with boiled warm water each day
- Take it easy over the next two weeks avoiding vigorous exercise
- 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.
- You do not need to posture unless you have had gas inserted during your operation by Mr Manuchehri. The chances of this are 2% to 5% of cases.