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**POSTURING AFTER VITRECTOMY SURGERY FOR EPIRETINAL
MEMBRANE PEEL**

A gas bubble has been put in your eye during the operation and the posturing positions the bubble so that it pushes the retina flat. The gas bubble may be seen as a black line which gets smaller as it is absorbed by the body. Do not expect to see very much from your eye whilst the bubble is present.

You will need to posture until you return to clinic for your follow up appointment.

1. Posture for 30 minutes out of every hour with your head in the positions shown by Mr Manuchehri.
2. Sleep on the side recommended by Mr Manuchehri.
3. Please remember that you may bath, shower, shave and wash your hair but avoid getting soap into your eyes and keep your head in the correct position. Do not put your head right back.
4. Your eye may be irritable and very likely will become extremely red if shampoo or Hairdressing materials get into it and you should therefore take great care with these.
5. Please avoid sitting or lying in bed for long periods of time without moving your legs. It is important for you to avoid prolonged immobility. When you are sitting, try moving your ankles around and going up and down on your tiptoes. During your rest periods, you are able to walk around.

6. It is important that you take your allocated breaks from posturing in order to relieve pressure on your skin. Short walks and leg exercises are important and will promote good circulation. Try altering your body position from lying to sitting whilst maintaining your posturing position.
7. Avoid laying on your back or have your head tilted backwards for longer than the time it takes to put your eye drops in.
8. Whilst you are posturing we advise you to follow a light diet with plenty of drinks, fruit and vegetables. Use breaks from posturing to eat and drink. You may experience stiffness or ache of your neck muscles. This is generally due to the unusual position you have to adopt. A warm bath or gentle massage can be useful in relieving muscle discomfort.
9. Use the eye drops and any other medication as prescribed.
10. You must not fly in an aeroplane until the gas bubble in your eye has gone (this can take between 2-6 weeks) and you have given the all clear by Mr Manuchehri. There can be risk of expansion of the bubble inside the eye owing to the reduction in atmospheric pressure at high altitude; this can be extremely painful and lead to irreversible blindness. You must take this into account if you have booked or are planning holidays
11. Do not swim until authorised by Mr Manuchehri.
12. Please do not use eye make-up for four weeks or until all redness has gone from your eye.

After you have been for your first follow-up appointment

Mr Manuchehri will advice you about returning to your normal routine.

You can return to work if the work is not heavy or strenuous.

When you can return to work or driving varies from one patient to another and will depend upon your vision. You can ask Mr Manuchehri to provide you with a sick note if needed.

You may take light exercise. The only precaution you must take is to avoid direct injury to the eye.