Ophthalmology Department

Post-operative instruction for patients following Vitreo-retinal Surgery

1. Put the eye drops in the eye(s) as instructed.

2. No swimming for 4 weeks
   (to reduce the risk of infection).

3. No high impact exercise or contact sports for 4 weeks
   (to prevent further damage to the eye).

4. The eye may be red for a few weeks and may feel gritty for a short period of time, this will gradually settle.

5. You may feel some discomfort for a few days after your operation. This can be helped by taking analgesia such as Paracetamol.

6. You should ask your eye doctor when you can return to work and driving, as this will depend on your vision.

7. You may wash your hair but avoid soap getting in your eyes.

8. Always keep your outpatient appointment, as they are very important.

9. Your vision will be blurred for a few weeks following the operation.

   You may be able to see the air/gas bubble which will appear as a wobbly black ring in your line of vision. The bubble will move and gradually get smaller or break into smaller bubbles which in turn will be totally absorbed. The bubble will eventually be replaced by the natural fluids produced in the eye.

compassionate care

10. If you develop any of the following symptoms:

- Significant pain not eased by paracetamol or other painkillers.
- Sudden loss of vision or vision getting worse.
- Swelling or itching of eyelids after using your drops.
- Nausea or vomiting.

Please contact eye clinic for advice on Tel: 01422 222414

If you have any comments about this leaflet or the service you have received you can contact :

Ophthalmology Out-patient Department, Acre Mill, Huddersfield
Telephone No: 01484 343235
or
Ophthalmology Out-patient Department, Calderdale Royal Hospital
Telephone No: 01422 222414

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"