

After Your Retinal & Vitreous Surgery

Discharge Instructions

After Surgery

- After surgery you will remain in the Perioperative Care Centre where you will be closely watched. In some cases you may recover in the Recovery room and then be transferred to a bed on a ward until you are discharged home.
- Your eye will be covered with a patch and a shield
- Your eye will be swollen after the operation. Do not be alarmed, as the swelling will start to go down in a few days.
- Inform your nurse if you have any pain, discomfort or nausea, as they can give you some medications to help.
- Every patient's eye and surgery are very unique, so the doctor will leave specific orders about your activity. Your nurse will review these with you before you go home.
- **You must arrange for a responsible adult to drive you home from the hospital.**

Activity and Rest

- Do not try to get out of bed without help the first time you get up.
- Follow the specific activity orders left by the doctor

Vision

- Vision may not return in your eye for a few days or possibly weeks. If the retina is in place and the operation has been successful, your vision will slowly improve.
- **A change in your eye glass prescription is usually required.**

Care at Home

- You will go home the day of surgery (in some cases you may need to stay overnight in hospital).
- You will probably need someone to help you with daily tasks when you first go home. Please let the staff know as soon as possible if you have no family or friends so arrangements can be made.
- After eye surgery, it is very important to take things easy when you go home, especially during the first 4–5 days. You should rest, do quiet activities, and **keep your head in the position your doctor has ordered.**
- You may wash your hair, shower or bath. **Be careful not to let soap or water get into your eyes.**
- Eat a normal diet.
- Do not use make-up by your eyes.
- Do not drive until you have checked with the doctor.
- No gardening, heavy housework or sporting activities until you have checked with your doctor.
- Do not return to work until you have checked with the doctor.

If you have expanding gas in your eye, ask your doctor before you:

- Travel on an airplane
- Drive through the mountain passes.
- Have another general anesthetic (The gas may take up to 70 days to absorb)

Call your Doctor's office to make a follow-up appointment.



Contact your Doctor or go to your Emergency Department if:

- Eye pain becomes severe or does not go away.
- Your vision gets worse.
- Flashing lights, floaters or shadows appear.
- You notice a sudden increase in redness of the eye or lid.
- The amount of sticky discharge from the eye increases or changes from a straw colour to a greenish colour.
- You should resume all your regular oral medications following surgery.

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