

## Information for Patients

# Instructions for patients Following Vitreoretinal Surgery

### Following the operation you:

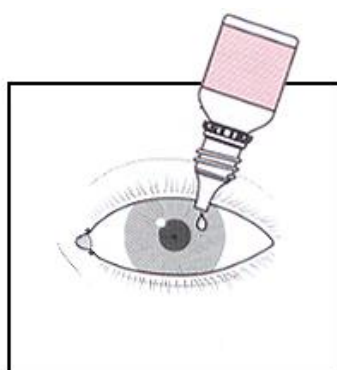
- May feel some discomfort for 2-3 days, although this can vary. Any discomfort may be helped by taking pain relief medication for example, paracetamol.

### Your eye may:

- Be red for between 2-4 weeks.
- Feel gritty for 3-5 days, but this will settle.

### You should:

- Ask your eye doctor when you can return to work, and drive, as this will depend upon your vision.
- Bathe the operated eye with cotton wool and boiled water that has been allowed to cool before you put your eye drops in.
- The doctors and nurses will tell you about your eye medication, including how often it needs to be used and for how long.
- A nurse will be available to show you how to put your eye drops in safely.



1. Always wash your hands before and after you put your eye drops in. This is to help prevent infection.
2. Avoid touching any part of your eye with the dropper to avoid contamination of the drops or injury to the eye. Make sure the dropper lid is placed on a clean surface.
3. Hold your head back; with the dropper bottle in one hand and with the fingers of the other hand gently pull the lower eye lid to form a gap.
4. Squeeze the dropper bottle so that one drop goes into the gap between the eyeball and the lower eyelid. You may find that the drops sting; this is normal.
5. Close your eye gently and keep it closed for a slow count of 60. This will help the drops to work.
6. Wipe away any liquid that did not go into the eye with a clean tissue.
7. If you are having more than one type of drop they will be labelled A, B, C, etc. This is the order they should be used in. Leave at least 3 minutes between each drop.
8. Replace bottle lid immediately after use and store the drops as instructed.
9. Keep the eye clean. If the lids are sticky, clean them using cotton wool balls and cooled boiled water.
10. If you lose or run out of your drops before the end of your treatment you will need to ask for more from your General Practitioner. **Once opened the drops can be kept for 4 weeks and then must be thrown away.**

### **We advise that you do not:**

- Swim for 4 weeks (to reduce any risks of infection).
- Participate in contact sports for 4 weeks (to reduce the risk of damage to the operated eye).

### **You may:**

- Bath, shower and wash your hair, but avoid getting soap into your eyes.
- Resume normal household activities and sexual activity as soon as you feel able.

### **It is important that:**

- If you develop nausea, vomiting, sudden loss of vision or your eye becomes swollen or itchy after using your drops or ointment, you should contact the hospital for advice on the numbers below.

Follow up arrangements will be discussed with you on your discharge and the date for an out-patient appointment will be given to you or posted to your home address. It is important to keep your out-patient appointments.

If you require further advice or information, please contact the Vitreoretinal Nurse Practitioner on Ward 55 on (0161) 276 5512, Monday - Friday 9.00 am - 5.00 pm. Outside of these hours contact the nursing staff on Ward 55 on (0161) 276 5512, available 24 hours every day.