

# Caring for your eye after vitrectomy surgery

Department of Ophthalmology

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Information for Patients

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## What to expect after your operation

- You may get blurred or double vision which may last for at least 1 month. Especially if there is a gas bubble in the eye. The gas bubble is placed in your eye during your operation. It acts like a splint to help with the healing of the eye. The gas bubble may cause the vision to be 'wobbly'. As the gas bubble shrinks you will see a line (the edge of the bubble) slowly moving down towards the bottom of your vision.
- Your eye doctor will talk to you about what vision they expect you to get from the surgery.
- You may need to keep your head in a certain position after your surgery. Your doctor and discharge nurse will let you know if you need to do this.
- After the operation, your eye may be swollen. We will give you an anti-inflammatory eye drop to help reduce this. Your discharge nurse will let you know how often to use these.
- Your eye may feel uncomfortable and gritty after surgery. You can take painkillers like paracetamol to help with this.
- We will give you an eye drop that will keep your pupil dilated and blur your vision. This helps to keep your eye more comfortable.
- Your eye should slowly get better after your operation. This may take several weeks.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

**You should contact the Ophthalmic Suite or the Eye Casualty Department for advice if you have:**

- increased redness
- increased swelling
- sudden complete loss of sight
- a drop in vision
- pain in the eye
- yellow sticky discharge
- increased amount of black dots (floaters), shadows or a 'veil/curtain' in your vision

**After surgery you should:**

- take off your eye shield the next morning after your operation.
- start using your eye drops once your eye shield is off.
- wear the eye shield in bed for the next 14 nights. Use surgical tape to hold it in place. You can get this from pharmacies and supermarkets.
- wash the eye shield daily with hot soap and water.
- you can wear sunglasses or your normal glasses during the day.
- if your eye is sticky in the morning, you can clean it with cooled boiled water and cotton wool.
- it is OK to look and bend down.
- you can cook, watch TV and read. This will not cause any harm.
- You can keep using long-term regular eye drops. If you are unsure, please ask a nurse or doctor.
- do not do energetic activity such as contact sports and swimming for 1 month.
- do not do heavy gardening and lifting for 2 weeks after your operation.

## After surgery:

- do not drive until a doctor, nurse or optician tells you when it is safe to do so.
- do not rub or touch your eye.
- do not get soap and water in your eye when washing your face and hair.
- do not fly in an aeroplane if there is gas in your eye. There is a risk of loss of vision. Your eye doctor will let you know when you will be able to travel by air after your operation.
- do not have a general anaesthetic for any other surgical treatment without letting the doctor know that you have a gas bubble inside your eye. This is because the gas used for a general anaesthetic could cause a rise in your eye pressure.

## Your follow-up appointment

- We will need to see you the day after your operation in the outpatient clinic. We will tell you what time and where we will see you.
- We will give you a follow-up appointment in the outpatient clinic to check how your eye is doing after the operation.
- The nurse will have given you some eye drops with this advice sheet. Please follow the instructions on when to take the eye drops and how long for.
- If you think you are going to run out of your drops, please telephone your GP surgery and ask for a repeat prescription for whichever drops you are running out of.

## Positioning of your head after surgery

You may be asked to keep your head in a certain position after surgery. This is called posturing. This needs to be done for 45 minutes every hour. Doing this is very important to the success of your operation. Your discharge nurse will show you the position before you go home.

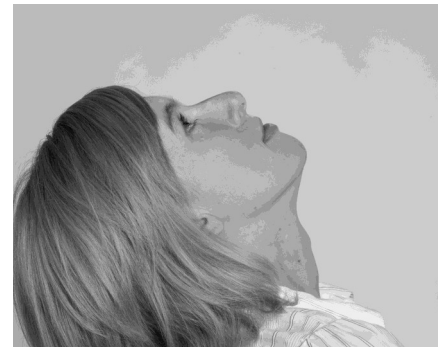
You may be asked to keep your head either:

- |   |  |
|---|--|
| <input type="checkbox"/> face down (day/ night)             | <input type="checkbox"/> alternate cheeks to pillow (day/ night) |
| <input type="checkbox"/> right cheek to pillow (day/ night) | <input type="checkbox"/> upright (day/ night)                    |
| <input type="checkbox"/> left cheek to pillow (day/ night)  | <input type="checkbox"/> no posturing needed                     |

Number of days posturing needed: \_\_\_\_\_

## How to apply your eye drops:

1. Always wash your hands before putting in the eye drops.
2. Sit or lie with your head tilted backwards.
3. Gently pull the lower lid down with 1 finger.
4. Holding the bottle on the bridge of your nose or on your forehead. Squeeze 1 drop into the eye.
5. Close your eye and gently blot the excess drops with a clean tissue.
6. You can put in another eye drop if you think you have missed your eye.



### Tips:

- Do not let the bottle tip to touch the eye.
- Do not let other people to use your eye drops.
- Throw away the drops when you have finished the course of treatment.



## When to use your eye drops:

You must use these eye drops on your operated eye only. You must start this the morning after surgery.

**Your discharge nurse will tell you which eye drops you need to use after your surgery.**

Eye drop	Time	Action
Chloramphenicol (keep in fridge)	1 drop, 4 times a day. Do this for 2 weeks then stop.	Antibiotic
Dexamethasone (also called Maxidex)	1 drop, 4 times a day. Do this for 4 weeks then stop.	Anti-inflammatory
Cyclopentolate (keep in fridge)	1 drop, 2 times a day. Do this for 2 weeks then stop.	To dilate your pupil

## Eye drop recording chart

Please use this chart to record when you have applied your eye drops to your operated eye.

The example shows how you would complete the chart if you were given chloramphenicol, dexamethasone and cyclopentolate eye drops.

- A red tick is for the chloramphenicol eye drop (1 drop, 4 times a day).
- A blue tick is for the dexamethasone eye drop (1 drop, 4 times a day).
- A black tick is for the cyclopentolate eye drop (1 drop, 2 times a day).

	1st drop	2nd drop	3rd drop	4th drop
example:	✓✓✓	✓✓✓	✓✓	✓✓
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Please continue with the chart below if you need to use some of your eye drops for 4 weeks.

	1st drop	2nd drop	3rd drop	4th drop
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				



## Contact details

If you have any questions or concerns, please contact:

The Ophthalmology Suite: **0116 258 6248** or **0116 258 6850**

Monday to Friday, 8.30am to 7.30pm

Eye Casualty Department: **0116 258 6273**

Monday to Friday, 8:30am to 4:30pm

Weekend and bank holidays, 8:30am to 12.30pm

At any other times please contact your nearest Emergency Department.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)

