

# **PATIENT INFORMATION SHEET:**

## **After your vitrectomy**

### **Immediately after your operation**

I hope that your vitrectomy will pass off uneventfully and write these few notes to let you know what to expect and what to do during the period around and after your operation.

As I hope you will have already gathered, you should only be in hospital for the day or one night. **If** a gas bubble has been placed in the eye you may be asked to posture, in a particular position which I will inform you of, for 50 minutes in the hour, day and night, for upto ten days after surgery. This can be in a chair, lying down or standing, using the posturing frame provided if you find this helpful. Make use of the rest periods to have a stretch!

Following your operation you will be discharged home usually using drops of Pred forte and Chloramphenicol which you should instill four times a day plus another drop to keep the pupil dilated (usually Mydrilate twice a day) unless directed otherwise. You should not need to continue any local treatment after the first month. Other treatments are occasionally needed and will be prescribed if appropriate.

### **Will my eye be painful?**

Your vision will be extremely blurred in the operated eye after surgery if the eye is filled with a gas bubble. This bubble disappears on it's own over about 2 to 3 weeks. Sometimes the eye is a little bit "scratchy" after the operation, but it should not be painful.

Provided the eye does not become excessively painful you should continue your drops and posturing and return for review as arranged. You may take Paracetamol, one or two tablets up to four times a day, if your eye aches during the first week or so.

Some patients find that their eyelids become puffy: this is not uncommon in patients who have had face down positioning and settles once normal posture is resumed.

### **The first few weeks**

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.

**Do take your posturing seriously: failure to posture will result in failure of the operation**

**While you have a gas bubble in the eye you may not travel by aeroplane or drive**

## **Post-operative follow-up**

I will normally plan to see you again two weeks or so after surgery in order to check that the eye is healing normally. I will tell you if you should attend your Optician for the provision of any necessary reading or other spectacle lenses for the operated eye. This is normally after 6 weeks or so.

We always want to hear of any untoward upset in the recovery period and it is always wise to let me know at once if anything seems to be going wrong because we can usually deal with the problem if we know about it soon enough.

Particular things to look out for:

If the eye becomes increasingly red and painful

Your vision appears to be getting worse

PLEASE CONTACT ME

If you have any problems or questions following your surgery please contact

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