

VITRECTOMY SURGERY

POST-OP INSTRUCTIONS

IMPORTANT

- No strenuous activity or exercises until you have seen the doctor.
- After the operation you may feel the stitches in the eye and some sharp pain in the eye is normal.
 - Paracetamol or Panadeine (or medication prescribed by doctor) should be taken if you have pain or discomfort in the eye.
- Your normal glasses or sunglasses may be worn during the day after doctor has removed your eye pad.
- No heavy lifting or swimming for 2-3 weeks following surgery.
- You may shampoo your hair as normal after your post-operative appointment, however ensure you don't let any water run over/into your eye.

DRESSING

- DO NOT REMOVE THE EYE DRESSING
- The dressing will be removed at your first post-operative appointment.

GAS/AIR/OIL BUBBLE

- You may have a gas bubble inserted into your eye to keep the retina flat after your surgery.
- This can be observed like a spirit level in your vision which will diminish over a week to six weeks.
- Do not fly or travel over mountain ranges until this bubble has dissolved.
- If Silicone Oil has been used, this may need to be removed at a later date, there are no altitude restrictions with oil.

POSTURE

- If the doctor has advised you to posture (eg. Face down/left side down) it is important that you do as directed to assist in recovery.
- You may stop posturing for 5 minutes every hour to eat and work the stress out of you neck.
- No straining, lifting or bending for 3 weeks.

EYE PROTECTION

- Wear glasses at all times where possible to protect the eye.
- Tape eye shield on at night for 3 weeks.
- No straining, lifting or bending for 3 weeks.

PAIN/MEDICATION

- After a Vitrectomy there is minimal discomfort, however it is normal for the eye to look very bloodshot and for the eyelids to be swollen.
- You may feel the stitches in the eye and the eyelids may be stuck together in the mornings.
- It is not unusual for the eye to be very watery following the operation. This is the eye producing more tears in an attempt to make the eye more comfortable.
- Regular Panadol (two tablets every 6 hours) for the first 3 days is usually advised.
- For scleral buckles, the eye is usually redder and is associated with more discomfort. You should take regular Panadeine or Panadeine Forte/Tramal for at least 3 days.
- Typically the pain diminishes over the week but if it increases please contact Dr Aralar.
- You may be prescribed Diamox. This medication may cause some tingling of the hands, fingers and toes. You will pass more urine, therefore you should drink an extra 3-4 glasses of water each day while taking the Diamox tablets.

EYE DROPS

- Store your eye drops in a cool dry place.
- Always wash your hands with soap and water before handling any eye drops or touching the eye.
- Read the label to ensure you have the correct eye drop.
- It is important not to allow the tip of the bottle to touch your eye, eyelashes or hands.
- You will be placed on post-op drops which commence the day after surgery. The following is a typical treatment course, but you may have additional pressure lowering medications especially if you have had scleral buckle surgery or if silicone oil was inserted.

Your medication type and duration may vary. THE FOLLOWING IS A GUIDE ONLY DR ARALAR WILL GIVE SPECIFIC INSTRUCTIONS TO YOU

- **Week 1**
 - Chlorsig one drop 4 x per day
 - Maxidex drop 4 x per day
- **Week 2**
 - Stop Chlorsig
 - Maxidex one drop 3 x per day
- **Week 3**
 - Maxidex one drop 2 x per day
- **Week 4**
 - Maxidex one drop 1 x per day
- **Week 5**
 - STOP

THIS IS A GUIDE ONLY DO NOT WEAN YOURSELF OF THE DROPS UNTIL DR ARALAR HAS GIVEN YOU INSTRUCTION TO DO SO.

- **DO NOT COLLECT THE PRESCRIBED EYE DROPS UNTIL YOU HAVE SEEN DR ARALAR THE DAY FOLLOWING SURGERY. Dr Aralar may change the prescription after he has examined you eye.**

If you are prescribed drops to be used four times a day it is normally easier to remember to use them before breakfast, before lunch, before dinner, and before bed.

You should immediately contact Dr Aralar if you experience constant progressive pain in the eye or if your vision deteriorates suddenly.

If your eye becomes redder, more uncomfortable, painful or the vision becomes worse please contact the surgery on 3831 0101, In the event of an emergency, if you are unable to contact the Doctor, please contact the Eye Registrar at the Princess Alexandra Hospital on 3240 2111.