

Dr Albert Aralar - 0439 905 311

MBBS FRANZCO

Diseases and Surgery of the Retina and Macula
Consultant Ophthalmologist

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.

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 (e.g. 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.

EYE PROTECTION

- Wear glasses at all times where possible to protect the eye.
- Tape eye shield on at night 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/ Tramadol 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.

MEDICATION

THE FOLLOWING IS A GUIDE ONLY DR ARALAR WILL GIVE SPECIFIC INSTRUCTIONS TO YOU

EYE-DROP MEDICATION & SCHEDULE

You have **TWO (2)** eye-drops to use: **Chlorsig** (antibiotic) and **Maxidex**. (steroid)

C = CHLORSIG M = MAXIDEX

- **Week ONE (1)** following surgery:

Instill **1 drop** of each bottle into the operated eye **4 times a day**:

Start your eye-drop regime after you see Dr Aralar for your first post op appointment.

WEEK 1	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
	C	M	C	M	C	M	C	M	C	M	C	M	C	M
BREAKFAST														
LUNCH														
EVENING														
BEDTIME														

- **Week TWO (2)** following surgery:

STOP using the Chlorsig drops.

Continue to use **1 drop** of Maxidex into the operated eye **4 times a day**.

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							
LUNCH							
EVENING							
BEDTIME							

- **Week THREE (3)** following surgery:

Continue to use **1 drop** of Maxidex into the operated eye **3 times a day**

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							
LUNCH							
EVENING							

- **Week FOUR (4)** following surgery:

Continue to use **1 drop** of Maxidex into the operated eye **2 times a day**

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							
BEDTIME							

- **Week FIVE (5)** following surgery:

Stop all drops

THIS IS A GUIDE ONLY

DO NOT WEAN YOURSELF OFF THE DROPS UNTIL DR ARALAR HAS GIVEN YOU INSTRUCTION TO DO SO

Frequently Asked Questions

When can I drive again after surgery?:

When the bubble has gone or the vision is back to normal, if the vision is poor this can take up to 3 months

When can I go back to watching TV/reading?:

Straight away

When can I wash my hair again (put my head under water in the shower)?:

You can wash your hair the next day so long as you do not put the operated eye directly under the stream of water for 2 weeks

(It is recommended to visit the hairdresser to wash your hair in this time period to make it easy)

When can I go back to the following exercises?:

Walking, jogging, running: 2 weeks, gradually building up

Swimming: You cannot put your head underwater for 2 weeks

Gym/heavy lifting: 3 - 4 weeks

No straining, lifting or bending for: 3 weeks

Time needed off work?: 1 week (this could change depending on your surgery)

When can I fly again?:

With gas bubble: Once the gas bubble has gone, you will be able to tell once this vanishes

Without gas bubble: It is suggested that you stay in Brisbane for 1 week in case of any complications. You will have a 1 day and a 1 week post-op

If your eye becomes very red, more uncomfortable, painful or the vision becomes worse please contact Terrace Eye Centre on 3831 0101 or Dr Albert Aralar directly on 0439 905 311 (after hours only).

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 3176 2111

Service by Terrace Eye Centre



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