After Your Retina Surgery

Eye Care Centre
Please bring this guide to the hospital with you on the day of your surgery.
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After Your Retina Surgery

After surgery

• If you have a local anesthetic (an area of your body is frozen), you will go to Day Surgery before being discharged.
• If you have a general anesthetic (you are given medication to put you to sleep), you will wake up in the recovery area. A nurse will check on you often. You will stay in the recovery area for about an hour. You will then be transferred to the room where you sat before your surgery, called Day Surgery, before being discharged.

If you receive a gas or air injection during surgery:

• It is very important to keep lying or sitting in the position your nurse or doctor tells you. This will help your eye heal and is critical to the long-term success of your surgery. You and your support person will be instructed about your positioning. It is very important for you to stay in this position.
• It is normal for your vision in the operated eye to be very blurry while the gas bubble is present. As the gas bubble is absorbed, you will notice the edge of the gas bubble in your vision as a dark line. As the bubble gets smaller, it will look like a dark circle getting smaller and smaller until it disappears. It may break up into 2 or more smaller bubbles, and this is normal.

If you have a gas bubble in your eye:

› Do not fly in an aircraft or travel to a place with an elevation higher than 5000 feet until your eye surgeon says it is OK.
› Do not lie down flat on your back.
› If you need a general anesthetic for another surgery, tell your surgeon and anesthetist that you have a gas bubble in your eye. Make sure your eye surgeon knows about any other planned surgery.
Managing discomfort

• Some discomfort is normal. You may take ibuprofen (Advil®) and/or acetaminophen (Tylenol®) for discomfort as needed. If you are not allergic and do not have kidney problems, we recommend taking ibuprofen (with food) every 6 hours for the next 24 hours. Do not take any ASA products (such as Aspirin™). Check with your surgeon before taking any ASA products or other blood thinners.

• It is normal for the eye to feel scratchy.

Medication and eye drops

• It is important to keep taking your other usual medications, including any eye drops for your other eye.
Activity

• When you are lying down, you must stay in the position that your doctor or nurse tells you to. Your doctor will tell you how long you need to do this for.
• Do not move quickly, or bang or jerk your head.

Immediately after surgery you may:
› watch TV
› read
› use a computer
› **ride** in a car (do not drive)
› walk
› bathe, shower, shave, or wash your hair (do not get dirt or soapy water in your eye)

After one week you may:
• Do routine household chores, such as preparing a meal and washing dishes (do not scrub floors or lift heavy objects).
• Get your hair done at a salon.
• Wear eye makeup.
• Garden and do other activities around dirt, dust, or chemicals.
For 6 weeks after surgery AVOID:
› heavy lifting
› strenuous exercise or sports
› swimming
› straining (avoid becoming constipated (not being able to poop) by drinking lots of fluids and eating a healthy diet; if needed, take a mild laxative or stool softener
› bending (if it causes straining)
› vigorous coughing or sneezing (do not try to hold back a sneeze)
› blowing your nose

Do not do the following until your doctor says that it is OK:
• Drive a car.
• Push, pull, or lift anything heavier than 5-10 pounds.
• Take part in contact sports.
• Go back to work.
• Wash your eyes with tap water or any other cleaning solution.

Your doctor will tell you when you may go back to your usual activities.
What to expect after surgery

- From the freezing used during surgery, your forehead or cheek may still be numb the next day, and your eye may not move completely. This might cause double vision. This is normal and will slowly get better.

- Your operated eye may be sensitive to light, be red and swollen, feel scratchy or itchy, burn, be watery, or have bloody tears. This is normal. It should slowly get better during the first few weeks after surgery.

- Your vision may be blurry.

- It is normal to have a small amount of discharge collect on the edge of your eyelids overnight and during the day. You may remove it by closing your eye and gently wiping the edges of your eyelids. Use a clean wash cloth that has been wet slightly with clean, warm water. Do not rub or touch your eye. You may use a tissue to wipe tears from your cheek.
Eye shield/glasses

- Do not wear a cotton cloth eye pad, or patch at any time.
- After surgery, you must wear your eye shield at night, until your surgeon tells you it’s OK to stop.
- Wear regular glasses or sunglasses during the day. Keep either glasses or the shield over your eye for protection for one week.
- If you are on atropine drops, your pupils will stay dilated (bigger) for a long time. Wear sunglasses when you are out in the sun.
Using eye drops or ointments
Follow the eye medication schedule your nurse or doctor gave you.
• Wash your hands well with soap and water.
• Shake the bottle well.
• Tilt your head back. You may sit or lie down.
• Open both eyes and look up. With one finger, pull your lower eyelid down gently.
• Place one drop of medicine or bead of ointment into the pocket made when your lower eyelid is pulled down.
• Do not touch your eyelid or eye with the tip of the bottle.
• Close your eye gently. Keep it closed for one full minute. With a tissue, gently remove any extra drops from your cheek.
• Wait 5 minutes between drops.
• Do not stop using your drops.
• Wash your hands well with soap and water.

Followup appointment
• Keep followup visits with your doctor. Bring your medications and eye drops with you to these visits.
• Your followup appointment with your doctor is on: __________________________ at the Eye Care Centre on 2A, Centennial Building, VG site, or in your doctor’s office.
Call your eye surgeon right away if you have:
› pain that is not helped by the pain medication we advised
› a decrease in your vision
› excessive swelling
› nausea and vomiting that is not helped by the medication we advised

If you can’t reach your eye surgeon, call locating at the VG at 902-473-2222 and ask to have the ophthalmology resident on call paged, or go to the nearest Emergency Department.
QEII Health Sciences Centre
is made up of 10 buildings located on two sites

Halifax Infirmary Site

1a. Halifax Infirmary
1b. Emergency Dept.
2. Abbie J. Lane Memorial Building
3. Camp Hill Veterans' Memorial Building

VG Site

4. Nova Scotia Rehabilitation Centre
5. Bethune Building
6. Mackenzie Building Laboratories
7. Centre for Clinical Research
8. Dickson Building
9. Victoria Building
10. Centennial Building

Patient Parking

Entrance Doors

Please do not wear scented products when you come to the QEII.