

## Patient Instructions for Care after Retina Surgery

1. Mild to moderate pain, ache, or discomfort following retina surgery is common, particularly in the first few days following scleral buckle surgery. Artificial tear drops or gel can be used to soothe the eye and Tylenol (or a prescription pain medication, if given) can be taken.
2. Call our office immediately at **800-331-6634** if you are experiencing severe or increasing eye pain, increasing redness or secretions or a sudden loss of vision.
3. If a gas bubble was used in your surgery, air travel or travel over high mountains is not permitted until the bubble has disappeared. Initially, the bubble will significantly limit your vision. As the bubble gradually shrinks in size, you may see a wavering “water line” across your visual field and find that you can see around it. There are different types of air/gas that last varying amounts of time in the eye, usually on the order of weeks.
4. For the first week, protect the eye at night while sleeping by wearing the hard plastic eye shield. During the day, wear a pair of sunglasses, glasses, or the plastic eye shield. Use of a sterile gauze pad is not necessary.
5. After surgery, it is quite common for the eye to water or secrete a mucus-like substance tinged with blood. It is okay to gently wipe away secretions from the eyelid with a clean, warm wash cloth without applying pressure to the eye.
6. The white of the eye may appear red due to superficial blood; this will improve typically over 2-4 weeks.
7. Follow all written instructions regarding eye drop medications and remember to wait 3-5 minutes between instilling different medications.
8. Avoid driving and physical exertion from your routine work or exercise regimens, or sexual activity until cleared by your surgeon.
9. You may resume your usual diet, use the other eye for tasks such as watching television or reading, and perform routine hygiene tasks such as showering, shaving or washing hair with the eye closed.
10. If you were on a blood thinner such as Coumadin or aspirin prior to surgery, you should resume it after your first postoperative visit unless otherwise instructed. You should continue your other regular medications, such as ones for blood pressure.
11. Postoperative head positioning is very important. Adhere to the instructions you were given in order to help increase the odds of a successful outcome.
12. Keep your next appointment as scheduled and remember to bring your eye drop medications and instruction sheets with you.