

Retina Surgery Post-Operative Instructions

1. Will I have pain after surgery?

Discomfort after vitrectomy is minimal. Patients are advised to use **Advil (200-400 mg)** or **Tylenol (325 – 1000 mg)** if needed. Patients having scleral buckeling surgery will receive a post-operative nerve block prior to leaving the operating room. If there is an increasing pain after post op day one, please call Dr. Angioletti at **917-558-7451**.

2. Do I need to wear an eye patch?

You are required to wear the eye patch only during the night of the operation. If you are seeing the doctor the next day, the patch will be removed for you. Should your first post-operative appointment be later than the next day, the doctor will discuss the protocol with you.

3. Will there be swelling and redness?

There may be some minimal swelling after vitrectomy. Should you be having a scleral buckle, a short dose of steroids may be prescribed. Any redness is usually due to blood collecting along the incisions. This type of bleeding is limited and clears between 2-3 weeks after surgery.

4. Will I need eye drops?

The doctor will prescribe a single eye drop for you prior to surgery. This bottle should be picked up at your pharmacy and stored until **AFTER** the patch is removed. Once the patch is removed, please start the drop (**Tobradex**) - **1 drop to the operated eye 4 times per day**. Pull down on the lower lid and squeeze one drop of medication into the crease between the eye and the open lid. One drop at a time is sufficient. Should the doctor have you on additional drops, please wait at least 5-10 minutes between drop administrations.

5. How long before my vision improves?

Vision improvement is highly variable depending on the condition type of procedure and co-existing issues. If a gas bubble was used, please expect at least 6-8 weeks before you can see around it. Some patients will require cataract surgery in order to minimize the vision.

6. Are there are any restrictions after surgery?

If you have a gas bubble placed during surgery, you cannot fly in an airplane until the gas bubble has completely resolved. As far as personal hygiene: it is ok to shower or bathe. **AVOID** having water strike you directly in the eye until post –op day three.

7. Do I need to position my head after surgery?

Face down positioning is used ONLY for macular hole patients and a handful of retinal detachment procedures. The doctor asks that you remain **face down for 10-15 minutes every hour for the first 4-5 days after surgery**. It is ok to read a book while facing down. It is absolutely necessary to **stay off your back at night (at least when you are awake) for the first 30 days after surgery**. Any special requirements will be addressed by the doctor.

8. What is the purpose of the green wrist band?

The green wrist band denotes the presence of a gas bubble. Please keep this band on until the gas bubble resolves. It tells emergency workers or other doctors not to give you nitrous gas should you have any post-operative health emergencies.