

# DISCHARGE INSTRUCTIONS

*Instructions for the first night after retinal surgery*

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## **During the postoperative period:**

- Your eyes may be sensitive to light
- Your eyes may tear and run
- Your nose may run
- You may feel like there's something in your eye
- Your eye may ache
- You may have some nausea and/or vomiting
- You may have a sore throat
- You may see blood on the eye patch
- You may have blood or tears under the patch
- Your face and eyelids may become swollen
- You may have a headache
- Your sleep may be disturbed

## **Instructions to follow after surgery:**

- Position your head as follows \_\_\_\_\_
- Do **NOT** remove the patch before coming to see the doctor tomorrow
- Keep the patch and shield dry
- Avoid rubbing or bumping your eye
- You may use an ice pack to reduce discomfort and swelling
- You may use ibuprofen and/or tylenol, if needed, to control the pain.
- Avoid heavy lifting and strenuous activities
- Resume your usual outpatient medications
- You should not drive or make important decisions
- You will not use any eye drops in the eye that has had surgery until after your appointment.

## **If an air or gas bubble was placed in your eye:**

- **Do NOT** remove the gas bubble warning bracelet until you are told to so do by the doctor.
- **Do NOT** fly in an airplane until the bubble is completely gone.
- **Do NOT** dive under water until the bubble is completely gone.
- **Do NOT** change altitude significantly until the bubble is completely gone.
- **Do NOT** have nitrous oxide (laughing gas) anesthetic until the bubble is gone.
- **Do NOT** have treatments in a hyperbaric chamber until the bubble is gone.

## **If you have any of the following please go directly to the Emergency Room or call 911:**

- Chest pain
- Severe Sweating
- Loss of consciousness
- Palpitations
- Severe Diarrhea
- Stroke like symptoms
- Shortness of Breath
- Severe Constipation
- Uncontrollable blood sugar (diabetic)
- Severe Nausea
- Severe Weakness
- Severe Vomiting
- Inability to Urinate
- Intractable pain

**An appointment has been scheduled for you TOMORROW at \_\_\_\_\_**

Postoperative appointment location:

LDS Hospital Campus  
Avenues Surgical Center Bldg  
440 D Street, Suite 210  
Salt Lake City, Utah 84103

Bountiful Hills Eye Center  
1551 Renaissance Towne Dr.  
Bountiful, Utah 84010

Mount Ogden Eye Center  
4360 Washington Blvd  
Ogden, Utah 84403

Davis Hospital Campus  
Robert F. Bitner Building  
2132 North 1700 West  
Layton, UT 84041

If you have questions or problems  
call Dr. Alldredge at:

**(801) 476-0494**

