

# POSTOPERATIVE INSTRUCTIONS

*Instructions for the first week after retinal surgery*

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PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

## **EYE DROPS:**

In the eye that had surgery, please use the following eye drops. **Wait 3 minutes** between each drop. You may receive a generic substitute for these drops.

- |             |                     |                             |
|-------------|---------------------|-----------------------------|
| • Right Eye | <b>Ofloxacin</b>    | use <b>FOUR</b> times daily |
| • Left eye  | <b>Prednisolone</b> | use <b>FOUR</b> times daily |
|             | _____               | use _____ times daily       |
|             | _____               | use _____ times daily       |

## **During the normal postoperative period:**

- |   |  |
|---|--|
| • Your eye may be dilated                         | • Your eyes may be sensitive to light      |
| • Your eyes may tire easily                       | • Your eyes may tear and run               |
| • Your vision may be blurry                       | • Your nose may run                        |
| • You may feel like there's something in your eye | • You may have blood in your tears         |
| • Your eye may be red and swollen                 | • Your face and eyelids may become swollen |
| • Your eye may ache and/or throb                  | • You may have a headache                  |

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

- Position your head as follows \_\_\_\_\_
- Avoid rubbing or bumping your eye.
- Avoid heavy lifting and strenuous activities. Do not swim.
- Continue your usual outpatient medications.
- You may use ibuprofen and/or tylenol, if needed, to control the pain.
- Using a clean wet washcloth, gently clean all matter away from your eyelids each morning.
- You may shower or bathe, but you should protect the eye from soap and other irritants.
- You may use a cool compress or an ice pack to help reduce discomfort and swelling.
- You may find that dark glasses make your eyes more comfortable.
- Reading, watching TV, or other visual activity will not harm your eye.
- Call the office if you have increasing pain or decreasing vision.

## **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.
- Your vision will be poor at least until the bubble is completely gone, possibly longer.

**If you have questions or problems, please call the office anytime at:**

**(801) 476-0494**