

After your Retinal Surgery

About your eye patch and shield

Your doctor will tell you when you can take your eye patch off. You need to wear the eye shield at night for at least 1 week. You can wear your regular eyeglasses. Wear sunglasses if you are light sensitive.

What is normal?

- Your eye might drain some bloody discharge for the first few days.
- You might see double until the freezing wears off.
- You may get crusting around the eye.
- Do not rub your eye.
- You might feel like there is something in your eye. This is caused by the stitches. The stitches will dissolve in 2 to 3 weeks.

How to care for your eye

- Washing is okay but try not to get water in your eye.
- You can gently wipe around the eye with a clean, moist face cloth.
- Walking is okay.
- Do not do any physical activities such as contact sports, running, pushing, or pulling heavy objects.
- Do not lift anything more than 10 pounds.
- Bend at the knees if you must pick things up.
- Lay down or sit down and close your eye to rest if your eye gets sore.

How to put eye drops in your eye

Follow the steps below for using your eye drops:

1. Wash and dry your hands.
2. Shake the bottle and remove the cap.
3. Do not touch the bottle tip with your hands.
4. Do not let the bottle tip touch your eye.
5. Lean back in a chair or lie down.
6. Look up and use your middle finger to pull your bottom eyelid down.
7. If you think you might have missed your eye, use a second drop.
8. Close your eye for 1 minute.
9. Repeat the steps for any other drops that you have.

Call your eye doctor if you have any of the following:

- A severe headache or eye pain and the pain medicine does not work.
- Continue to feel sick to your stomach and throwing up that doesn't go away after 24 hours.
- Your vision becomes worse.
- You have an increase in redness, drainage, or pain in the eye.