

carry on light activities such as short walks, reading and watching TV. If your eye does get sore, the best treatment is to rest it by lying or sitting in a comfortable position and keeping it closed.

5. If you have a large amount swelling around the eye, it is okay to ice it for short period of time.
6. Irritation and foreign body sensation in the eye are normal after surgery and are due to the sutures or stitches. The stitches will soften and dissolve over the first 2 - 3 weeks.

Notify your specialist IMMEDIATELY if you experience any of the following:

1. Severe headache or eye pain which is unrelieved by medication.
2. Prolonged nausea and/or vomiting.
3. Sudden worsening of vision.
4. Increased redness, discharge or pain in the eye.

Contact Drs. Parson, Lam, or Dhanda at the office during the day (604)-521-4144/ Nights, and weekends call the same number and follow the instructions to get the doctor on call.



General Post-Operative Instructions and Eye Care for Retinal Surgery

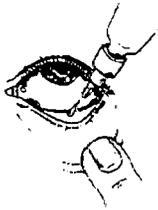
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Post-operative Instructions:

Eye Patch/Shield:

1. Typically the eye patch you received in the operating room can be removed in approximately six hours. It is normal for the patch to be bloody after retinal surgery. Your eye may also ooze blood tinged discharge for the first few days after surgery.
2. Some patients will experience temporary double vision once the patch is removed. The anaesthetic that is used to “freeze” the eye for surgery takes longer to “wear off” in some patients.
3. You will be required to wear the eye shield at night for approximately the first week (if your doctor wants you to wear it longer, he/she will let you know).
4. During the day regular glasses can be worn. Sunglasses are also okay if you are light sensitive.

Eye Drops:



To help with the healing process, you will be prescribed eye drops to help your eye heal.

To apply the drops, use the following instructions:

1. Wash and dry hands using a clean towel.
2. Shake the bottle and remove the cap. To prevent contamination, do not touch the bottle tip with your hands and do not touch the bottle tip to the eye.
3. To apply the drops, lean back in a chair or lie down. Look up and using your index or middle finger pull your lower lid down gently, forming a pocket. If you think you may have missed, use a second drop.
5. Release the lid and gently close the eye for a minute.
6. Repeat the above steps for the other drops you may have.

Positioning:

1. For a successful surgical outcome, make sure you maintain the position as recommended by the doctor. Usually, if certain positioning is required, the doctor has placed a special gas bubble in your eye that helps the retina heal into proper position.
2. When placing eye drops, eating or going to the bathroom it is okay to keep the head in more normal position.
3. It is also recommended that you take short breaks to stretch your legs and prevent back and neck soreness.
4. Try to maintain positioning for as many days as recommended by your doctor.

Gas Bubble:

Flying in an airplane or going up into the mountains is NOT allowed until the gas bubble is small. This is because the gas bubble expands at altitude and can give you an acute type of glaucoma which will damage your vision. Discuss any travel plans with your doctor.

General Tips:

1. For the first couple of weeks, avoid heavy lifting, vigorous activity and bending over. If you need to pick things up, bend at the knees to minimize pressure increase in the eye.
2. Washing is okay but avoid getting water directly into the eye.
3. If you get crusting around the eye, use a clean, warm moist face cloth (or clean gauze) to gently wipe around the eye. Do not rub your eye.
4. Unless you have to position in a specific manner which prevents you from moving around, it is generally okay to