

Name: _____

- You have a macular hole in your eye
- Your doctor will talk to you about the risks, benefits, and surgical repair
- A bubble will be placed in the eye to bandage the hole
- Your body position is important to keep the bubble over the hole
- It is best to get your home set up before the surgery
- The doctors office has information on renting the equipment you will need
- Your medical may cover the costs of the equipment
- You should practice with the equipment before you have your surgery

Face down positioning:

- Lying on either side on the trip home is okay
- Bring a pillow from home
- You can start the face down positioning on the way home
- Do not lay on your back

Meals, bathroom and short breaks:

- It is okay to keep your head in a normal position when eating and going to the bathroom
- Take short breaks to stretch your legs
- Stay face down for long periods of time

Reading:

- It is okay to read for short periods
- The book can be placed on the floor or on a pillow
- The eye moves during reading, so read for short periods only

Sleeping:

- Use the equipment during the day and for sleeping at night
- It is important to stay face down during the day and at night

Some questions patients ask are on the next page:

Why do I need to keep my head down?

- To keep the bubble against the hole in the retina
- The bubble bandages the hole and allows it to close

Do I need to hold my head down all the time?

- Yes, head down position for 24 hours a day for about 7 days
- Your doctor will tell you when you can hold your head up
- This will give you the best chance to heal the hole

What happens if I forget to look up for short periods of time?

- It will not damage your eye or cause a problem
- Face down as much as possible will help you to heal

What if I have a back or neck problem?

- Talk to your doctor about any back or neck problems before your surgery
- Short breaks can be taken to stretch the back and massage your neck

How much can I move?

- Short breaks to stretch are good to prevent stiffness and soreness
- The head can be straightened while walking or sitting for short periods
- You can walk or sit with your head in the face down position
- Your doctor will tell you when you can return to work

Can I travel with the bubble in my eye?

- The bubble will get bigger at high altitudes
- Do not fly in an airplane or go up into the mountains
- Ask your doctor when you can fly in a plane or go to the mountains