

Name: \_\_\_\_\_

### Eye patch and shield:

- Your doctor will tell you when you can take your eye patch off
- Your eye may drain some bloody discharge for the first few days
- You may see double until the freezing wears off
- You need to wear the eye shield at night for at least 1 week
- You can wear your regular eye glasses
- Wear sunglasses if you are light sensitive

### Eye drops:

- Wash and dry your hands
- Shake the bottle and remove the cap
- Do not touch the bottle tip with your hands
- Do not let the bottle tip touch your eye
- Lean back in a chair or lie down
- Look up and use your middle finger to pull your bottom eyelid down
- If you think you may have missed your eye use a second drop
- Close your eye for 1 minute
- Repeat the steps for any other drops that you may have

### Positioning:

- The doctor may have placed a bubble in your eye
- The bubble helps the retina heal in the right position
- The doctor will tell you about positioning yourself
- It is okay to keep the head in a normal position when you are placing eye drops, eating or going to the bathroom
- You should take short breaks to stretch your legs
- Try to keep the position for as long as the doctor tells you to

### If you have a bubble:

- 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

## **General tips:**

- Avoid heavy lifting and strenuous activity
- If you need to pick things up you must bend at the knees
- Washing is okay but avoid getting water into the eye
- You may get crusting around the eye
- Gently wipe around the eye with a clean, moist face cloth
- Do not rub your eye
- Lay down or sit down and close your eye to rest if your eye gets sore
- You may feel like there is something in your eye
- This is caused by the stitches
- The stitches will dissolve in 2 to 3 weeks

## **Call your eye doctor if you have:**

- A severe headache or eye pain and the pain medicine does not work
- Nausea or vomiting that does not go away
- Sudden worsening of vision
- An increase in redness, drainage or pain in the eye

**Contact Dr. Parson, Lam, or Dhanda at the office during the day (604) 521-4144**

**Nights and weekends: Call the same number and follow the directions to get the doctor on call**