

Oxford Eye Hospital
Lichfield Day Surgery Unit

Advice for patients after vitreo-retinal surgery

Information for patients



Your eye drop regime is as follows:

The following drops should be applied to the operated eye only, starting the morning after surgery.

Drop	Time	Action
Chloramphenicol	One drop, four times a day for: 2 weeks / 3 weeks / 4 weeks <i>(delete as applicable)</i>	Antibiotic
Dexamethasone (Maxidex)	One drop, four times a day for: 2 weeks / 3 weeks / 4 weeks <i>(delete as applicable)</i>	Anti- inflammatory
Cyclopentolate	One drop, two times a day for: 2 weeks / 3 weeks / 4 weeks <i>(delete as applicable)</i>	Enlarges pupil

- When putting the eye drops into your eye do not allow the bottle tip to touch the eye.
- Do not allow other people to use your eye drops.
- Discard any drops left after one month, but check with your eye doctor if you should use drops after this time.
- If your drops run out in between visits to the Eye Hospital, please ask your GP for a repeat prescription.

How to apply your eye drops

1. Always wash your hands before putting in the drops.
2. Sit or lie with your head tilted backwards.
3. Gently pull the lower lid down with one finger.
4. Holding the bottle on the bridge of your nose or on your forehead, squeeze one drop into the eye.
5. Close your eye and gently blot excess drops with a clean tissue.

Positioning after surgery

- Keep your head either:
 - Face down *
 - Right cheek to pillow *
 - Left cheek to pillow *
 - Alternate cheeks to pillowfor 5* / 14* days
- * delete as appropriate
- Take a ten minute break from positioning every hour

Instructions after your operation

- Try not to rub or touch the eye.
- Please wear the eye shield when bathing, showering or washing your hair.
- When washing your face, avoid the eye area. If necessary, bathe the eye with cooled boiled water and cotton wool.
- If no positioning is required, avoid strenuous activity (weight lifting & swimming) for two weeks.
- Watching TV and reading will cause no harm.
- Your vision will remain blurred / poor for several weeks.
- Often the vision is distorted after surgery. This will vary depending on the type of operation, e.g. if a gas bubble is inserted into the eye, as the bubble shrinks you might see the edge of the bubble. With laser treatment, black dots are common.
- Expect your eye to be swollen. If you are posturing after surgery often this swelling can get worse after the first day and can affect the fellow eye. This is quite normal and can look like one large “blister” on your eye lid.
- It is expected that your eye will be uncomfortable after surgery. This can be a dull ache or sharp shooting pain. The regular use of pain killing tablets such as Paracetamol or Ibuprofen is recommended for the first 3-4 days after surgery.


- Your pupil will remain enlarged whilst taking the cyclopentolate eye drops.
- If you notice any sudden loss of sight or intense pain, please contact the hospital immediately.

Please note:

Your follow-up appointment will be in the Eye Hospital, Outpatients Department (Level LG1), unless we tell you otherwise.


If you have any queries or concerns, please contact:

Lichfield Day Surgery Unit

 (01865) 231296

Mon - Fri 7am-8pm

Specialist Surgery Inpatient Ward

 (01865) 231230

24hrs

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

Rebecca Turner, Matron, Specialist Surgery
Justine Moore, Acting Matron, Specialist Surgery
Oxford Radcliffe Hospital NHS Trust

Oxford OX3 9DU

Version 3, June 2010

Review date, June 2013

OMI 1990