

# **Post-operative Instruction For Patients Following Vitreoretinal Surgery**

## **Post-operative instruction for patients following vitreo-retinal surgery**

1. Put the eye drops in the eye(s) as instructed.
2. No swimming for 4 weeks  
(to reduce the risk of infection).
3. No high impact exercise or contact sports for  
4 weeks (to prevent further damage to the eye).
4. The eye may be red for a few days and may feel  
gritty for a short period of time, this will gradually  
settle.
5. You may feel some discomfort for a few days after  
your operation. This can be helped by taking  
analgesia such as Paracetamol.
6. You should ask your eye doctor when you can return  
to work and driving, as this will depend on your  
vision.
7. You may wash your hair but avoid soap getting in  
your eyes.

8. Always keep your outpatient appointment, as they are very important.
9. Your vision will be blurred for a few weeks following the operation.  
You may be able to see the air/gas bubble which will appear as a wobbly black ring in your line of vision. The bubble will move and gradually get smaller or break into smaller bubbles which in turn will be totally absorbed. The bubble will eventually be replaced by the natural fluids produced in the eye.
10. If you develop any of the following symptoms: nausea, vomiting, sudden loss of vision, severe eye pain not helped by analgesia, swelling or itching after using your drops, please contact my secretary.

*If you require further information or advice please call me on 01422 324020 or 01484 533131 Ext 2035.*

*Alternatively, email me at [rubina.rahman@nhs.net](mailto:rubina.rahman@nhs.net).*