BUNBURY & BUSSELTON EYE SPECIALISTS

PATIENT INFO AND ADVICE

AFTER CARE INFORMATION SHEET FOR VITRECTOMY/LASER/GAS SURGERY

You will be given very clear instructions on posturing before discharge from hospital. Please follow these instructions as they are important to the success of your surgery and visual recovery.

AFTER SURGERY

- Once you return home from the hospital you should rest. You may watch TV or read if you feel comfortable to do so.
- The hospital will give you an eye shield/eye pad to put over the operated eye. To protect the eye and avoid inadvertent trauma during sleep, please sleep with the plastic shield over the operated eye for the first week after surgery.

EYE DROPS

- Begin your post-operative drops once you remove the pad and shield.
- You may use Systane lubricating eye drops in between the medicated eye drops to help any discomfort or irritation.
- It is best to leave 2-5 minutes between instilling each drop.

SUNGLASSES

You may wear sunglasses as needed as you may experience increased light sensitivity in the few weeks following surgery. This is mainly for comfort and its use will not affect the outcome of surgery.

QUESTIONS TO ASK DR KANG AT YOUR FIRST POST OPERATIVE APPOINTMENT

DRIVING

- Return to driving should be discussed during your first post-operative consultation as you are legally not able to drive until cleared by Dr Kang.

EXERCISE

- No exercise is to be undertaken until you have discussed your exercise regime with Dr Kang. Sports and vigorous exercise should be avoided for at least the first two weeks after surgery along with any heavy lifting.

SPECIFIC CONCERNS

- (e.g. Travelling, washing hair, makeup etc). Please address these with Dr Kang during your post-operative consultation. **A gas bubble is commonly used in vitrectomy surgery which can persist from a few days to several weeks. Do not fly in a plane during this time period.**

Please call Dr Kang's rooms on 08 9791 4111 if you have any of the following symptoms after surgery:

- Any increase in pain not relieved by Panadol/Panadeine or onset of fever
- Increase in redness of the eye
- Any sudden decrease in vision

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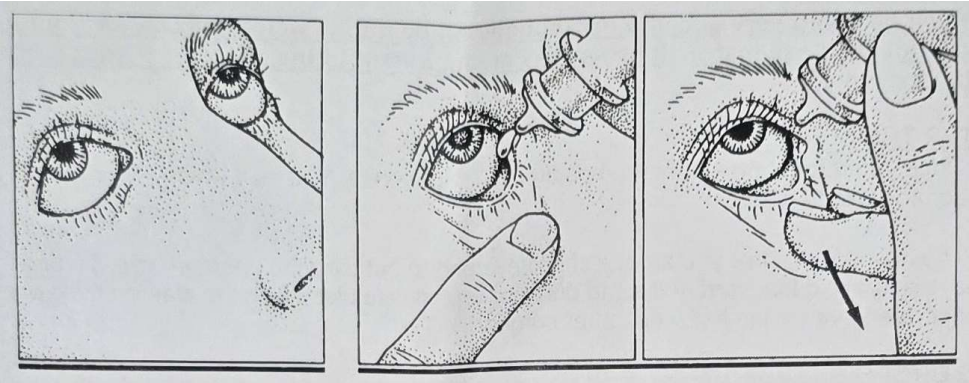
HOW TO PUT IN EYE DROPS



- Wash your hand with soap and water and insure you dry them properly before touching the eye.
- Tilt your head back and look up to the ceiling with your eyes wide open.
- Gently pull the lower lid down using your index finger and bring the eye drop bottle to the eye from the side with your other hand, but do not touch the eyelid or eyelashes.
- Squeeze the bottle to instill one drop into the inside of the lower lid.
- Release your grip of the lid and close your eyes (do not rub) for 20 seconds.
- If you need to follow this with another type of drop, wait 2-5 minutes between each drop.
- Any remaining eye drops need to be disposed of after 1 month of opening the bottle. Either write the date of when this needs to be done in your calendar or write the date of opening on the bottle so you don't forget when to discard the bottle.

Please follow the instructions as per Dr Kang's request.

EYE DROPS	FREQUENCY
Chloramphenicol (Chlorsig)	4 times a day for 1 week
Prednefrin Forte	4 times a day for 4 weeks
Ilevro	1 time a day for 4 weeks

If you have any queries, please do not hesitate to contact one of the clinical staff at Bunbury and Busselton Eye Specialists on 08 9791 4111.

Bunbury: 19 George St, Bunbury WA 6230
Busselton: 194 Bussell Hwy, Busselton WA 6280

Dr Neil Sinclair
Dr Russell Townsend
Dr Alasdair Jackson

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Disclaimer: This leaflet is intended to provide general information only. It should not be used for diagnostic or treatment purposes. Please consult with your healthcare provider for guidance about any specific medical conditions.