

Vitrectomy and retinal detachment – postoperative care and advice

What to expect after the operation

If you have an eye patch, this should be removed the morning after your operation. Please do not replace it.

Your eyelids should be cleaned before you put in any eye drops. The general eye care instruction sheet you have been given will help you with this task.

Avoid touching your eye. You can expect your eye to be red, and to have some swelling around your eyelids. Do not poke, rub or scratch your eye.

If you have had gas, air or oil put into your eye during surgery, you are strongly advised to follow the instructions regarding the positioning of your head and sleeping position.

Positioning instructions;

If you have had air or gas put into your eye you are strongly advised not to:

- Travel in an airplane
- Travel to altitude e.g. driving over the Rimutaka hills
- Or have some types of anaesthetic
- Do not remove your green wrist band until you are advised to do so by your doctor

Your surgeon will tell you when it is safe to take off your wrist band.

Pain relief

You may have some mild pain. You can take Paracetamol to help with the pain. A maximum of 2 tablets (1 gram) 4 hourly.

No more than 8 tablets (4 grams) in a 24 hour (1day) period.

After a general anaesthetic

You may feel drowsy because a small amount of the anaesthetic may still remain in your body. This can slow your reaction time/ coordination and affect your judgement /reasoning for the next 24 hours after your operation.

We recommend that you rest during this time. Adults: During the first 24hours after your operation it is important that you do not drive a car, cycle, ride a motor cycle or, operate machinery, drink alcohol or sign any legal papers.

You may have a slight cough or a sore /dry throat.

You can start your normal daily activities again after 2-3 days.

Contact a Doctor for help if you have any of the following:

- You have an aching eye
- You are taking regular pain relief and are still in pain
- You have decreasing vision (your vision may be expected to be poor after your surgery but it should not get worse)
- You have any nausea or vomiting

[continued]

Contact details

If you have any concerns or questions regarding your operation please call the Eye Outpatient Department. For after hours, weekends and Public Holidays emergencies contact the Emergency Department at your nearest hospital, your General Practitioner or one of the After Hours Medical Centres. Phone numbers over page.

Please take this information with you.

Follow up appointment

Your follow up appointment is on;

At:

- Wellington Eye Outpatient Department, Level 9, Grace Neill Block, Wellington Hospital *or*
- Outpatient Department, Kenepuru Hospital

It is very important to come to this follow-up appointment to make sure all is well with your eye.

Contact us

Eye Outpatient Department

Phone: 04 806 2675

Triage Nurse: 027 4333 477

Monday to Friday - 8.30am – 4pm.

In an emergency dial 111 for ambulance assistance.

After hours medical centres;

- **Kenepuru Hospital accident and medical.** Open 24 hours a day. Phone 04 918 2300
- **Paraparaumu team medical Coastlands Shopping centre.** Open 8am – 10pm daily. Phone 04 298 2228
- **Waikanae medical centre.** Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays. Phone 04 293 6002
- **Accident and urgent medical centre Wellington.** Open 8am – 11pm daily. Phone 04 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day.