

Taking care of my eye after retinal surgery



You can play an active role in facilitating healing and avoiding complications. This fact sheet describes how to care for your eye and the precautions to take.

What precautions should I take during the 24 hours after the surgery?

- > When you get home, take a few sips of water. If you don't feel any nausea (heartburn) within 30 minutes, eat a light meal, such as broth or soup, with juice, coffee, or tea. If you digest that well, gradually return to a normal diet. If you feel any nausea, it should go away within 24 hours after the surgery.
- > If you have pain, take Tylenol (a dose of 650 mg every 4 hours, as needed) or any other pain medication prescribed by your doctor.
- > **Don't touch or wet the dressing.** The surgeon will remove it the day after the surgery during your follow-up visit.

How do I care for my eye afterwards?

The day after the surgery, you will have to put drops in your eye. Your surgeon will explain how to do this. See the table on page 2.

What should I expect in the days following the surgery?

For 5 to 7 days after the surgery, it is normal if:

- your eye is red
- your eye is leaking tears
- your eyelid is swollen

What should I do over the next few days and weeks to protect my eye?

- > Wait 2 days after the surgery before wetting your head or washing your hair.
- > For 1 week, wear a protective shield over your eye at night.
- > For 1 week, or as directed by your doctor, avoid lifting objects weighing more than 7 kg (15 pounds) or a bit more than three 2-liter bottles of soda.
- > For 2 weeks, no swimming or spa.
- > If you hold a young child in your arms, make sure to keep them as far from your eye as possible, so they don't touch it. It's also best not to hug any animals for 1 month after the surgery.
- > Driving: Consult your doctor before driving again.

How should I look after my eye if a gas bubble was injected into it during the surgery?

If this was done in your case, the doctor told you about it. Besides the other precautions, do the following:

> **Put your head in the position indicated by your doctor**, for as long and as often as needed:

> **Don't do any of the following things without your doctor's permission:**

- sleeping on your back
- flying in a plane
- scuba diving or mountain hiking

Will this gas bubble affect my sight?

At first, you won't see as well from a distance. You may see a dark line. This line is the edge of the gas bubble. You will see better if you look above this line.

The bubble may separate into several small bubbles before disappearing for good.

When should I consult my doctor?

Call or come to the Ophthalmology Clinic if you have:

- > headaches or eye pain that are **not relieved** by Tylenol or that persist or come back more than 48 hours after the surgery
- > nausea that lasts more than 24 hours after the surgery, with or without vomiting

Outside of clinic hours, go to the emergency room.

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

Who should I contact if I have questions?

Call the Ophthalmology Clinic, from Monday to Friday, between 8 a.m. and 4 p.m.: 514 890-8278.

Outside of business hours, ask for the ophthalmologist on call: 514 890-8444.



Table for applying drops

Name of drops	Morning	Noon	Evening	Bedtime

Bring your eye drops and this table with you to your next visit with your doctor.



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site chumontreal.qc.ca/fiches-sante