

Post-operative Instructions (after your vitrectomy surgery)

For best results after your surgery, please read and follow these instructions:

Patient Name / Sticker

- Keep the eye pad/dressing on until the morning after surgery
- Wear the plastic shield at night for **1 WEEK** – to prevent rubbing
- Wear sunglasses outdoors to protect your eye
- The circle or line in your vision is a bubble. Your vision is blurred while the bubble is present. This will gradually disappear over time.

Head Position After Surgery

Day 1 after surgery	Day 2-7 after surgery
<input type="checkbox"/> Face down position as much as possible (10 min breaks allowed each hour). Options are <ul style="list-style-type: none">• Lying on your tummy with face down• Lying on your RIGHT / LEFT side with your nose and cheek to pillow• When sitting up → Chin to chest	<input type="checkbox"/> Continue Day 1 position <input type="checkbox"/> Daytime - Upright Night time - Sleep on RIGHT / LEFT side <input type="checkbox"/> Day & Night - Lie on RIGHT / LEFT side <input type="checkbox"/> _____ _____

No positioning required

What NOT to do after surgery (until advised by Dr Chew)

- Do not rub your eye
- Do not get anything into your eye (e.g. dust, water – includes water from showering or swimming)
- Do not fly or travel to areas of high altitude
- Do not do tiring or strenuous physical activities
- Do not lift anything heavier than 5 kg
- Do not drive

Medications/Eye drops into operated eye:

- Chlorsig drops (antibiotic to prevent infection)
 - put one drop into the operated eye 4x a day (e.g. breakfast, lunch, dinner and before bed)
 - Do this for 2 weeks (unless instructed otherwise)
 - Wait at least 5 minutes before putting the next drop
- Prednefrin forte drops (steroid to reduce inflammation and aid healing)
 - Put one drop into the operated eye, 4x a day (e.g. breakfast, lunch, dinner and before bed)
 - Follow this table

4x day	4 weeks
2x day	1 week
1x day	1 week
Then stop after	

- Other medications as prescribed by Dr Chew
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- Continue your other medications (unless directed otherwise)
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Warning Signs

- Text Dr Chew on _____ or call his office, if you have
 - **Increased pain** in your eye that is **very severe** and not controlled by Panadol and Nurofen (it is normal to feel some discomfort and soreness after surgery)
 - Complete loss of vision
 - Uncontrolled vomiting