



MISSOURI RETINA CONSULTANTS, PC

FIRST POST-OP VISIT INSTRUCTIONS

Our goal is for you to have the best surgical outcome. The following instructions are important in making this happen:

Eye Meds

Please Start the Following Immediately:



Use This 4 x Daily (approx. 4 hrs. apart)



Use This 2 x Daily (morning and evening)

Additional Meds:

***Space drops 5 minutes apart for maximum absorption.

Positioning

Some surgeries involving a gas bubble require postoperative positioning. It is important to maintain the recommended position 90% of the time to obtain desired surgical outcome. You may be upright for short periods of time to eat meals, to use the restroom, and to use your eye drops. You should never be lying on your back for more than a moment. Inadequate positioning may cause the surgery to fail.

Your Position Should Be:

Face Down

Right Side Down

Left Side Down

Head Tilting Down

Sitting Upright

No Positioning



MISSOURI RETINA

CONSULTANTS, PC

Activity

It is important to avoid strenuous activity for the first week, including lifting more than 20 pounds, jogging or other sports, etc. Avoid rubbing the eye but you may dab around the eye lightly with a tissue. Showering is fine with your eyes closed. Your eye should always be protected with either glasses or the shield even while sleeping.

Normal Expectations After Surgery

Your eye will normally feel scratchy as though there is something in it. Most patients will only require Tylenol or Acetaminophen. It is normal for the eye to be red with excessive tearing which may be blood-stained. It is common for the lids and face to be swollen especially with face-down positioning.

Your eye will be dilated due to the Atropine drop which helps the eye heal.

You may not see well at first postoperatively, especially if you have a gas bubble.

Concerning Symptoms for Which to Call

If your vision becomes worse such as not being able to see movement or light from the surgical eye, especially if there is significant aching of the eye, nausea, or vomiting, you may be experiencing a significant problem - please call us immediately.

Dr. Keithahn and her staff want you to have the best surgical outcome. Please call us for questions or concerns 24/7 at **573-777-8738**.

Thank you for entrusting us with your retina care.