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POSTOPERATIVE INSTRUCTIONS

HOW DO I PUT EYE DROPS IN MY EYES?



It does not matter which drop you put in first. Wait a minute between each drop so that you don't wash one drop out with the other.

You should place the drops in your operative eye only while you are awake. You do not need to get up in the middle of the night to put these drops in. To determine how often you should put your drops in while you are awake, first determine how many hours you will be awake. Then divide that number by 4; assuming you are to put the drop in 4 times a day. If you are to use the drops 4 times a day then you would divide by three. The number you come up with is the hourly interval at which you should put the drops in. (For example, if you are awake for 12 hours on average, divide 12 by 4 (12/4). The answer is 3. This means you should put these drops in approximately every 3 hours while you are awake.)

WHAT SHOULD I EXPECT FOR THE FIRST FEW WEEKS AFTER MY EYE OPERATION?



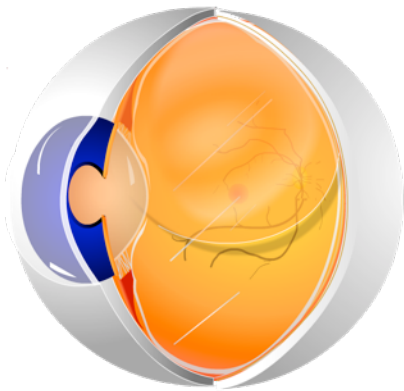
After any retina operation, the vision will be very blurry for at least the first week. Your eye will feel scratchy for the first few weeks after your operation. This is due to the stitches that were placed in your eye at the time of surgery. **These will dissolve on their own over 2-3 weeks.**

MAY I TAKE A SHOWER?



It is OK to shower and bathe the day after your operation. Try to avoid getting soap in the operative eye as best you can. It is OK to get the operative eye wet, but try to minimize this as much as possible.

WHAT IF I HAVE A GAS BUBBLE IN MY EYE AFTER THE OPERATION?



In some cases , a gas bubble may be placed n your eye at the time of surgery to help reattach the retina. The gas bubble will disappear on its own, anywhere from 4-60 days depending on the type of gas we use. If you have a gas bubble in your eye, your vision will be very blurry (like looking through cloudy water) for as long as it is present. Sometimes you will be able to see the bubble as an air/fluid level. As the bubble gets smaller you may be able to see the bubble more clearly. It may also break into numerous smaller bubbles. This is often a sign that your body is absorbing the gas. This is normal.

Please note: While the gas bubble is in your eye, **you should NOT fly or visit altitudes greater than 2,000 ft.** This will increase the pressure in your eye.

HOW DO I PROTECT MY EYE AFTER THE OPERATION?

While you are sleeping we would like your to tape the protective plastic shield, included in your eye care kit, over your operative eye for at least the first week after your surgery. This will protect your eye while you sleep.



If you go outside during the day, we would encourage you to wear some kind of protective eye-wear over your eyes. A pair of safety sunglasses is included in your eye care kit. Feel free to wear your own eyeglasses if you would prefer as there is no difference between these and your own glasses, except for style.

WHAT TYPE OF ACTIVITIES CAN I DO AFTER THE OPERATION?

Unless otherwise specified, we encourage all of our patients to eliminate any sort of strenuous activity for the first two weeks after any eye operation. We would define strenuous activity as things like running, weight lifting , picking up heavy items or children, etc.



Reading and watching television is not prohibited if your vision is clear enough in the non-operative eye.

MAY I WIPE MY EYE?

Unless you are told otherwise , it is OK for you to gently wipe your operative eye with a tissue. For the first week after the surgery you may have a significant amount of bloody watery drainage from you eye. This is normal.

