



RETINAL SURGERY INSTRUCTIONS

Please read these instructions carefully before surgery and again after surgery.

If you have any questions, please contact Brisbane Eye Clinic on 07 3832 1700

1. BEFORE SURGERY

- a) Take your prescriptions to the pharmacy at least 10 days prior to surgery and store your drops in the fridge. You need to start using these drops following your surgery unless other directions are given by your Surgeon.
- b) Admission time – You will be called 1-2 days before surgery and advised of the arrival time at the hospital.
- c) Do not consume alcohol for at least 24 hours prior to your admission time.
- d) **DIABETIC PATIENTS** - If you are diabetic you must follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please have a list of your medications ready before you call us for advice.

2. ON THE DAY OF SURGERY

- a) Use all of your usual eye drops (including your glaucoma drops if applicable) on the morning of surgery.
- b) Do not eat or drink beverages for 6 hours prior to your admission time.
- c) You may drink up to 250mL of plain tap water but not less than two hours prior to your admission time.
- d) Please take all other medications as normal including blood thinners and aspirin.
- e) **DIABETIC PATIENTS** - Please follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please ensure you take all diabetic medications with you to the hospital.
- f) We recommend you wear warm clothing as the hospital theatre can be cold.

3. AFTER SURGERY

- a) You **must** have a responsible adult collect you from the hospital and they **must** stay with you overnight. If arrangements for a responsible adult person to pick you up have not been undertaken in advance, your surgery **will** be cancelled.
- b) Leave the eye pad in place until your post-operative visit, unless you have significant pain in which case please call your Surgeon.
- c) Do **not** operate heavy machinery, sign important documents or make important decisions for 24 hours following surgery.
- d) Do **not** consume alcohol for at least 24 hours after your surgery.
- e) It is important to remain hydrated following surgery. We recommend you consume at least 2 litres of fluids during the 24 hours following your surgery and eat normally.
- f) **Do not rub or apply pressure** to the operative eye at any time in the 4 weeks following your eye operation.

Please Turn Over



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- g) Keep using your eye drops for at least 2 weeks as instructed by your eye surgeon.
- h) Take the tablets prescribed as per the Pain Management Instructions.
- i) You must take the Diamox tablets as per the instructions.

DIAMOX – Take ½ tablet every six hours over a period of 48 hours following retinal surgery.

This medication will reduce your eye pressure which will protect your optic nerve, reduce risks of vascular occlusion, promote wound healing and ease the pain.

If you have a proven severe allergic reaction to Sulphur, such as difficulty breathing or swelling of the tongue, lips or throat do not take the Diamox.

4. POSITIONING

- a) You may require **head posturing face down** for up to 72 hours after surgery. If this is the case you will be advised at the time of booking, or following surgery.
- b) You may wish to hire equipment to make this more comfortable. We recommend you contact Summit Support to arrange for this prior to surgery where possible. They will generally provide this Equipment for hire within 24 hours of contact. **SUMMIT SUPPORT: 1300 133 116**

5. ACTIVITIES

- a) **Do not drive** for 48 hours following eye surgery.
- b) If a gas bubble is required as part of your surgery, you will be unable to fly for at least six weeks.
- c) If the eye feels irritated, sandy or gritty - bathe the eye with a tissue using salty water (1 teaspoon salt in 1 cup of water).
- d) Use lubricating drops as necessary for comfort.
- e) You may resume normal exercise 5 days after your surgery unless advised by your Surgeon.

6. EXPECTATIONS

It is normal to experience the following symptoms after surgery:

- a) Red, watery eyes with some discomfort (grittiness or itchy feeling).
- b) Swollen eyelids (use crushed ice in a small zip lock bag wrapped in a moist cloth for up to 10 minutes per hour for 24 hours).
- c) Sensitivity to light (wear sunglasses).
- d) Blurred vision.

7. PAIN MANAGEMENT

It is important to take the medications below as directed:

PANADOL OSTEO – Take one tablet with food. You may take one tablet every six hours if needed up to a maximum of four tablets in 24 hours. This medication contains paracetamol for pain relief.

If significant pain persists after these medications have been taken, or if you have concerns and wish to speak to a Surgeon, please contact Brisbane Eye Clinic.

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Dr Groeneveld:	0412 234 222	ALL HOURS, 7 DAYS