



**CANBERRA  
MICROSURGERY**

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## **DISCHARGE INSTRUCTIONS FOR PATIENT FOLLOWING RETINAL SURGERY**

**The telephone number for Doctors Surgery is (02) 6282 1783 or**

**The telephone number to contact Dr Randev Mendis in an emergency (eg: if you have severe pain) is 0412 616 833.**

It is common for the vision to be poor for the first few days following retinal surgery, particularly if a gas bubble has been used. Moderate grittiness and redness is also common after the procedure. If a gas bubble has been used this may be visible as a shadow or 'spirit level' within the eye. Depending on the gas used the bubble may be present for a number of weeks. As it dissolves away, occasionally it breaks up and you may see a number of smaller 'satellites' next to the main bubble. This again is normal. *Worsening* vision or *increasing* discomfort however is **not normal**.

**You should contact your Doctor if any of the following occur:**

- Increasing or severe pain
- A new shadow or cloud in your vision, or loss of vision
- Or if you have any further concerns. If you are unsure please call and ask.

If there is a gas bubble in the eye you **MUST NOT** fly in an aircraft as this would very likely lead to permanent blindness. If you require a general anaesthetic while you have gas in the eye, you **MUST** let your anaesthetist know you have gas in the eye. Please provide him/her with Dr Mendis's contact details so this can be discussed if necessary. (Mobile 0412 616 833.)

If you have a gas bubble in the eye it can cause problems travelling back and forth to the coast, due to altitude change. Please discuss with your doctor if this is necessary.

In your case: You **do/do not** have a gas bubble.

**After your procedure you SHOULD NOT.....**

- Drive a motor vehicle or operate heavy machinery until advised by your doctor that it is safe to do so. It is generally unwise to drive for the first week following major eye surgery, and you should not drive while there is a gas bubble in the eye.
- **Do not** allow dirty water to enter the eye, nor enter an excessively dusty/dirty environment for 7 days. If you need to wash your hair please ensure that no water or soap gets in the eye.

There may be particular posturing requirements (eg: special head positioning) following retinal surgery. In your case you should:

## Posturing Requirements

**After your procedure it is okay to do the following as long as they don't interfere with the posturing requirements above:**

- Read, watch television, use a computer, office work
- Gently exercise (eg: go for a walk)
- Bend over

**You can return to sport/normal exercise after one month (or when the gas bubble disappears – whichever is the latter).** One exception is contact sport which should be avoided if possible for 3 months. Following eye surgery, an eye will be more prone to injury in this setting forever; therefore sports involving potential physical contact with the eye (e.g. boxing) may need to be abandoned.

**Please discuss this with your doctor if necessary.**

### Post-Operative Care

**PAIN RELIEF:** You may take paracetamol/codeine tablets for pain.

**DRESSINGS:** The eye pad will be removed the morning following your surgery when you attend for your post-operative visit. Eye drops can be started once the pad has been removed.

### **MEDICATIONS:**

Eye Drops	Chlorsig	4 times a day for 1 month
	Maxidex	4 times a day for 1 month

### Post Op Visit

Please attend: Dr Mendis Rooms  
12 Napier Close  
Deakin

Date/Time: \_\_\_\_\_