

Gas Bubble and Posturing Information

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A gas bubble has been put into your eye as part of the operation. Its purpose is to support the retina, and it may be necessary to ask you to position yourself so that the gas bubble is floating in the right position inside your eye to do its job. This is called posturing.

The posturing you need to do is as follows:

Posture	When	How long
<input type="checkbox"/> Face down <input type="checkbox"/> Left cheek to pillow <input type="checkbox"/> Right cheek to pillow <input type="checkbox"/> Alternate cheeks to pillow <input type="checkbox"/>	<input type="checkbox"/> By day only <input type="checkbox"/> At night only <input type="checkbox"/> Day and night hours/days

While posturing you may use your other eye as normal, e.g. for reading and watching television. After the ten days are over you can resume normal activities, but try and avoid lying on your back until the gas bubble has gone.

Do take a break for 10 minutes every hour to stretch and loosen up again. If you start feeling stiff and sore in your back, neck or shoulders you might consider taking painkillers regularly to prevent this getting too bad.

The gas bubble in your eye will gradually disappear over the next four to eight weeks. Initially you will see the edge of the bubble as a black line bobbing about in your vision. This will gradually get lower, then turn into a black ring that will get progressively smaller until it disappears completely.

While the gas bubble remains in your eye you should not fly or travel at altitude, as the gas will expand with the drop in atmospheric pressure and cause severe eye pain.

Continued overleaf

Important: In the event that you need a general anaesthetic for another operation while the gas is still present you must tell your anaesthetist that you have gas in your eye as it affects what anaesthetic agents you can safely have. If they are unsure about the implications please ask them to contact me.

You have a wrist band fitted to remind you about the gas bubble, and to inform others in the event of an emergency. Please leave this on until I tell you that it can be removed.