

Advice Following Vitrectomy Surgery

Richard Sheard

What to expect

Your eye may feel a little gritty, uncomfortable and sensitive to light after the operation, and usually the vision will be worse for a period of time. If you have had stitches these will dissolve and eventually fall out, and as they soften up the comfort of the eye should gradually improve. Your eyelids may be a little swollen, but this will also settle down.

Eye care

Leave the dressing on your eye until you come to the clinic (either later the same day or the following day).

You are likely to have some degree of sticky or blood-stained discharge from the eye initially, and overnight the eyelashes may become stuck together.

If you need to bathe your eye, use clean tissues moistened with cooled, boiled water and gently soften and wipe away any discharge. Wipe from the inner to outer corner of the eye, taking care not to press on or touch the eye ball.

Please try and avoid getting anything, especially water, in your eye (apart from your eye drops, of course!) For the next six weeks be careful in the bath or shower and when washing your hair, and please refrain from swimming. You should also avoid wearing a contact lens in the operated eye for the same period.

Pain

The operation is not normally particularly painful, and simple painkillers such as paracetamol or ibuprofen are usually effective if required. If you have pain that is worse than this, particularly a severe ache in the eye, please contact me immediately.

Post-operative Eye Drops Instructions

1. Use each of the drops in the operated eye as follows:

	Breakfast	Lunch	Dinner	Bedtime
CHLORSIG (antibiotic)	✓	✓	✓	✓
MAXIDEX (anti-inflammatory)	✓	✓	✓	✓
ATROPT (dilating drop)	✓	x	✓	x

2. Wash your hands before and after you put the drops in
3. Shake the bottle before using the drop
4. Wait 1-2 minutes between putting in one drop and the next
5. Gently wipe your eye with a clean tissue if necessary, but do not press on the eye
6. Continue your drops until your next clinic appointment
7. Please bring all of the drops with you to your next clinic appointment

Post-operative Tablets Instructions

1. **PANADEINE FORTE:** for post-operative pain relief – if required
Take 2 tablets every 4 – 6 hours, up to a maximum of 8 tablets in 24 hours
2. **DIAMOX:** for post-operative eye pressure problems
Important: only take if instructed to do so by Dr Sheard

Drug Allergies or Sensitivities

If you are allergic or sensitive to any of the drugs above please do not take them and inform Dr Sheard immediately

Contact numbers

Please do not hesitate to contact me if you have any questions or concerns. Call me immediately if you experience increasing pain, tenderness, redness or swelling of the eye or eyelids, or if your vision gets worse.

Richard Sheard: 0474 361 939

Derwent Eye Specialists: 1300 337 968

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