

INSTRUCTIONS FOR AFTER RETINA SURGERY

Patient Name: _____ You have an appointment to see Dr.

Tang at 182 W. Central Street, Natick, MA on _____ at _____.

Leave the patch/shield on your eye until you see Dr. Tang, unless Dr. Tang tells you otherwise.

For the next 24 hours, DO NOT drive, drink alcoholic beverages or make any legal or binding decisions.

Dr. Tang would have told you if you need a gas bubble. If you have a gas bubble, keep: Face down / Either side down for 3 days during the day.

Call Dr. Tang at (508) 903-0003 promptly if you experience any of the following:

1. The vision was improving and it suddenly decreases
2. Severe, increasing pain in the eye that is not relieved by the pain medication
3. Persistent nausea and vomiting

EYE DROPS

Start eye drops after you see the doctor the day after surgery. One drop each to the operated eye. Wait for 5 minutes between each drop. If you think you miss, put another drop in. Some of the drops may cause stinging sensation. Follow any additional instructions given by the doctor.

| | FIRST MONTH | SECOND MONTH |
|--|---|---------------------------|
| ATROPINE (red top) (this will dilate your pupil) | once a day (it is OK if the pharmacy has to order it and it takes several days) | once a day |
| PREDNISOLONE (milky drop, shake 20 times before using) (pink top) | 4 times a day | 2 times a day |
| OFLOXACIN (or Tobramycin) | 4 times a day for 14 days (DO NOT REFILL THIS ONE) | DO NOT REFILL THIS ONE |
| | | |
| | | |

All eye drops can be discontinued 2 months after surgery unless we instructed you otherwise.

****please bring all your eye drops to EVERY visit****
***** read this carefully and have the person who is helping you read this*****

These instructions serve as an excellent guide for your recovery.
In addition, you are asked to exercise good judgment during your recovery.

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Regular-strength Tylenol (325mg) or Ibuprofen (200mg) is usually sufficient for any discomfort or pain. Do not exceed 6 tablets in 24 hours. If you are given any systemic medications such as Oxycodone or Lorazepam, you should not operate dangerous machinery while on those medications. If you have an allergy or cannot take any of the medications mentioned in these instructions, please let Dr. Tang know before surgery.

How To Monitor Your Vision:

Set an alarm to 8AM to do this every morning: Close the other eye and look out of just the surgery eye only. Pay attention to what you can see or cannot see. Remember it. The next day, do the same. Your vision may not improve immediately, but should not be worse than the day before. If your vision is worse than the day before, please call Dr. Tang's office right away.

Care for the EYE after surgery:

The goal is to prevent an injury to your operated eye. During the day, you should wear **either** glasses or the shield to protect the eye. At night you should wear the shield at bedtime (to prevent rubbing of the eye). **Do this for about A WEEK.** The soft patch under the shield is optional for comfort.

You should expect the eye to look red or bloodshot. The swelling/bruising/red appearance is expected. You should expect some tearing and watery discharge from the eye. It is normal to see some blood stain on the eye patch. The eye may feel sore, scratchy and itchy early on. The eye may feel like there is something in it because it just had surgery. The eyelid may not seem to open well for a few weeks after surgery. If needed, you should clean your eyelids with a clean cloth with warm water only. Do not rub the eye.

Activity Restrictions:

Most people take off work for approximately one week to several weeks.

No heavy exertion or strenuous activities for one week. (e.g. do not lift objects >10 pounds.) No swimming for 1 week. After 1 week you may resume your normal activities.

Your personal hygiene is important as well. You may go ahead and wash your hair and shower or take a bath. Just try to not spray water directly on to your eye.

You can use your eyes and read and watch TV after surgery. Using your eyes will not hurt them.

Intimate relations can be resumed after 1 week.

*****Precautions only for patients who had a gas bubble during surgery:**

If a gas bubble is used during surgery, your doctor would have told you. While the gas bubble is inside the eye, it will usually block clear vision. You may notice the line of the bubble moving when your head position changes. The bubble will become smaller and smaller and break up into small bubbles before it disappears.

While there is any gas bubble left in the eye (the gas bubble can last a few weeks up to 2 months), you must not go on air travel or high mountains. You must not undergo any procedure (e.g. dental work) that requires any gas anesthesia such as nitrous oxide.

Every hour (while awake) get up and move around or walk around for 5 to 10 minutes.