

Post operative Care for Retinal Surgery

Clinical Office, Alavi Eye Center of Tabriz

Dear client please note the following:

Eye Protection: use Plastic Shield to protect your eye from blowing after surgery for 2-3 weeks. You can use eyeglasses on day and shield at night. Wash the shield every day.

How to hold the head and rest

The patient's rest after surgery depends on the type of surgery :

In case of Gas injection during surgery it is possible to order the physician to hold your head in special status on first days.

In case oil injection, you should lie or sleep with face downward on first day after surgery and if cannot tolerate this status you should hold your face downward in sitting or standing status.

Medications:

Sometimes the physician prescribes Cortone tablets or Anti-inflammatory drugs which are discontinued after 7 to 10 days. Follow the physician's prescription about using these types of medications.

Using the eye drops are necessary at most 1 to 2 months from surgery the continuation of medicines should be based on the physician's prescription. Avoid using the medicines without physician's prescription.

Bring your medicines in each session of visit and learn their names because maybe the pharmacy has given you a similar or another drug which should be controlled or because of similar appearance of some eye drops there is the possibility of wrong use

Stitches:

The eye stitches are of two types. Deep stitches which are permanent and are not removed, and superficial stitches which are removed during 2-3 weeks by the physician.

Travelling after Surgery: avoid climbing to the heights and travelling by airplane. Car and train travelling have not any problem. In case of injection oil in your eye during surgery, travelling by airplane should be by physician's allowing.

Praying:

You can pray from the first day of surgery by "tayammum", when you are allowed to wash your face you can get ablution to pray.

Bath after surgery:

You can wash all parts of your body from the first day of surgery except head and face. Usually you can bath one week from surgery but you should close your eyes when rinsing the head and face. Note that don't pose any pressure to the eyelids. It is better to use children's Shampoo.

Cosmetics:

Don't use cosmetics (kohl, mascara, fake lashes, contact lens, and oily substances around eye) by no means and ask the right time of their use from your physician. There is possibility of detaching retina after operation, therefore in case of reduced vision, blurred vision, and sparking points refer to the physician.

The best vision will be obtained 3-4 months from surgery.

Refer the physician on determined dates.

Note: in case of redness, allergy, pain, purulent discharge, severe burning of eyes refer the physician.

Vision restore after Retinal Detachment Operation

If the patient's vision has not become low because of retinal detachment, his/her vision quality will be preserved after operation, but in case of reduced vision it will be returned slowly after surgery such that after some months the patient's vision will reach the final status. Sometimes the patient's vision will be reduced despite of the successful operation.

In the first days after operation the vision is low because of Corneal scraping and the status will be removed during some days.

Never clean around of eye using rough cloth or paper tissue because cornea will be scraping. Clean Cotton can be used for this purpose. Close your eye for cleaning.

Address: Alavi Eye Center, Monajjem Blvd., Tabriz City.

Tel.: +98 41 32663933 (10 Lines)

Postal Code: 5146614599

www.AlaviEyeCenter.ir