

Activities after Vitrectomy or Scleral Buckle Surgery

First Week:

1. Stay at home - keep visitors to a minimum.
2. Rest as much as possible, either in bed or sitting in a chair.
3. You may be up to the table for meals.
4. You may watch television but please **do not read**.
5. Do not lift over 15 pounds.
6. You may slowly walk a mile outdoors, weather permitting. No strenuous exercise.
7. If a gas bubble was placed in the eye during surgery, it will gradually be absorbed by the body within a few days to six weeks, depending on the type of gas used and your eye. During this time **you must keep your face down** at all times to prevent a cataract or glaucoma, and to assist in pushing your retina into its proper position. The doctor will also instruct you regarding any additional positioning.
8. You may shower and gently wash your hair while in the shower. Please keep your eye firmly closed to prevent getting soap or water in your eye. Avoid spraying the water directly on your face and eye.
9. Please do not prepare large meals. Obtain assistance with meal preparation, if possible; otherwise, buy several "TV dinners."

Your doctor will tell you when you are to be seen next in the office and also when you may increase activities. If you are uncertain, please ask about activities at your next visit.

Medications:

1. Do not take aspirin for the first three days.
2. Take plain Tylenol for pain. Warm water compresses (even every hour) will be very soothing and provide comfort.
3. Continue to use your regular medications unless otherwise directed.



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Information about Eye Medications

Dilating drops

Atropine, Homatropine, or Cyclogyl (all have red caps).

This drug will be used twice a day to keep your pupil dilated. This relaxes the eye muscles, otherwise the muscles in and near the iris will go into spasm and be very uncomfortable. This drug also prevents adhesions from forming between the iris and the cornea. Your vision will be blurred while on this medication. If your vision seems more blurred than usual, call and report this to the doctor as soon as possible. Your pupil will remain dilated for about two to three weeks after the medication has been discontinued. Wear sunglasses when outside or if bothered by bright lights. Because your pupil is dilated, more light enters the eye and it can be uncomfortable.

Steroid drops

Prednisolone, Pred Forte, Econopred Plus, or Omnipred.

This drug will be used four times a day to reduce inflammation and promote healing. Be sure to shake it well before placing a drop in your eye.

Antibiotic drops

Tobrex, Gentamicin, or Vigamox.

This drug will be used four times a day to prevent eye infection. Notify the doctor if constant burning, itching, or increased eyelid swelling occurs.

Post-Operative Instructions: Scleral Buckle, Vitrectomy

Compresses and Eye Cleaning

Apply compresses (either warm or cool) to the operated eye twice each day. Wet a clean washcloth with water and lay it over the eye for 3-5 minutes. Compresses can be followed by cleansing the eye. Do this either by squirting irrigation solution over the eye or using a washcloth and warm water to help remove any remaining matter or crusting from the lids and lashes. Keep the eye closed while doing this. Continue with compresses twice daily for the first two weeks after surgery. If the eye is uncomfortable, warm compresses may be used more frequently.

Putting drops in the Eye

Pull down the lower lid of the eye with one index finger, putting pressure only against the cheek bone and not on the soft eyeball. This forms a pocket in which to place the drops. Grasp the bottle with index finger and thumb of the other hand and brace the remaining fingers against the side of the nose. Hold the bottle close to the eye (but not touching) and drop the medication into the pocket made by the lower lid. Replace and tighten the cap of the bottle immediately after administering the medication. Wait 2-3 minutes between eyedrops to allow time for each to be absorbed.

Irrigation solution

Eye irrigation solution (clear solution in large bottle).

How to Apply the Patch and Shield

Tear off 2 pieces of tape about 4 inches long. Fold over a ¼ inch tab on one end of each piece. Apply the patch over the eye and place the tape diagonally. Run the tape from the center of the forehead out toward the ear. This is far more comfortable than taping over the nose. The patch should be tight enough to prevent blinking.

The eye pads are worn whenever the patient goes outdoors for the first week after surgery, unless otherwise directed.

The metal shield should be taped in the same manner. The shield can be bent to conform to the shape of your face.

The metal shield will be worn at bedtime for 3 weeks. Wear the shield alone when the patches are no longer needed. The metal shield should be worn at night to prevent rubbing the eye during sleep.

Green bracelet:

If you have a surgical procedure requiring a gas bubble, you will be given a green medical alert bracelet at the hospital. DO NOT remove this bracelet until your bubble is gone.

CALL THE OFFICE (616-285-1200) IMMEDIATELY IF:

1. Severe pain develops.
2. You notice a sudden decrease or sudden blurring of vision. Check your vision daily. While blurred vision is to be expected, it should not worsen.

If you have any questions regarding your eye care, symptoms, or activities, call the office. There is no such thing as a stupid question!