

POST-VITRECTOMY SURGERY INSTRUCTIONS

About Your Surgery

A vitrectomy is a procedure to remove the vitreous gel from inside your eye. This provides access for your surgeon to repair the retina and improve or stabilise your vision.

Critical Safety Instructions for Patients with a Gas/Silicone Oil Bubble:

1. VISION – your vision will be poor through the gas/silicone oil bubble. This will last until the gas bubble disappears (usually 2-8 weeks) or when the silicone oil bubble is removed surgically. You may also experience watery vision or a line in your vision as the gas dissipates from your eye.
2. HEAD POSITIONING:

DO 	DON'T 
Keep the recommended position (face down or as instructed by your surgeon) for 45–50 minutes of every hour for the period specified by your surgeon (often several days to a week).	Do not skip or shorten the positioning periods, as this may affect healing.
Use rolled bath towels or a special vitrectomy pillow to support your head in the recommended position.	Do not use unsupported positions that make it difficult to



maintain the required posture.

Avoid lying on your back when you have a gas bubble in your eye.

Use a straw when drinking water to help maintain the recommended head position (face down).

Do not lift your head unnecessarily when drinking.

3. TRAVEL RESTRICTIONS:

- For Patients with a GAS BUBBLE: You must absolutely avoid flying, traveling to high altitudes, or scuba diving until your surgeon confirms the gas bubble is completely gone (typically 2-8 weeks). The change in pressure from these activities can cause a dangerous rise in eye pressure and cause permanent vision loss.
- For Patients with SILICONE OIL: Air travel is generally permitted, as silicone oil is not compressible like gas. However, you must obtain explicit approval from your surgeon before any air travel.

4. WRISTBAND:

- You will be discharged with a wristband indicating that you have a gas bubble in your eye.
- Do not remove the wristband until the gas bubble disappears or you are instructed to by your doctor to do so.
- If you require general anesthesia for other procedures, or need to seek medical attention elsewhere, show the

medical team the wristband or inform them about the gas in your eye.

5. General Care Guidelines:

- Eye Protection: Wear the provided eye shield while sleeping for up to 2 weeks.
- Medication: Begin your prescribed antibiotic and anti-inflammatory eye drops as directed, usually starting 3 hours after surgery. Always wash your hands before applying drops.
- Discomfort: Discomfort and mild eye redness and swelling can be expected after surgery. You may use over-the-counter pain relievers (like paracetamol) for mild discomfort. Avoid aspirin or ibuprofen unless approved by your doctor.
- Hygiene: For 2 weeks, carefully avoid getting soap, shampoo, or tap water directly in the operated eye. Do not swim or use hot tubs for at least 1 month.
- Actions and activities to avoid:
 - Avoid rubbing or pressing on the eye.
 - Wear sunglasses outdoors for comfort and protection.
 - Avoid strenuous exercise, heavy lifting, household chores and dusty environments for at least 2 weeks, or as long as your doctor advises.
- Diet: There are no specific restrictions to your diet, however, plenty of fluids and fiber, e.g. vegetables and fruits, would be recommended to avoid constipation.
- Follow-up appointments: You will typically have post-op reviews at 1 day, 1-2 weeks, and 1 month after the operation. Remember to attend your appointments.

Contact your eye surgeon or visit an Emergency Department if you experience:

- Severe eye pain that is not relieved by pain medication.
- Sudden vision loss or significant worsening in the operated eye.
- Increased redness, swelling, or pus-like discharge.
- New or increased flashes of light, floaters, or a shadow in your vision.
- Severe headache with nausea or vomiting.

These guidelines are not exhaustive and are intended to serve as a guide to reduce risk of complications. If you have any queries or concerns, please bring them up to your doctor or care team.

Notes:

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