

Post-Operative Instructions

Following Retinal Surgery

تعليمات ما بعد عملية
الشبكية للمريض

World leading
**experts in
eye care**



**Moorfields
Eye Hospital Dubai**
A branch of Moorfields London

King's

مستشفى كينغز كوليدج لندن
King's College Hospital London

Post-Operative Instructions **Following** **Retinal Surgery**

On leaving the hospital you are advised to have a quiet evening at home and to avoid strenuous exercise

For General Anaesthetic patients, as above and:

- ▶ Do not drive a vehicle
- ▶ Do not make any crucial financial decision
- ▶ Do not eat heavy meals or drink alcohol for 24 hours after being discharged

For gas injection patients

You have a bubble in your eye.

It will take weeks to absorb.

During this time you should:

- ▶ NOT Fly
- ▶ NOT have a General Anaesthetic with Nitrous Oxide
- ▶ Posture as instructed
- ▶ Keep this bracelet with you at all times



Your eye dressing and shield should remain in place until it is removed by the nurse or doctor the next day.

You should start using your post-operative drops after the doctor sees you in out patient department the following day.

You should put in the drops as written in the instruction sheet given to you with the medication.

If you run out of drops please contact the hospital.

Other Advice:

1. Do not rub or press on your operated eye.
2. Wear your eye shield for 5 days at night time only.
3. When you arrive home you should take your normal pain relief medication and if pain persists you should contact the hospital – 04 4297888 within an hour.
4. If you experience severe pain, loss of vision or feel generally unwell, contact the hospital immediately – 04 4297 888 during opening hours or on the mobile number of the contact person given to you at the time of discharge from hospital.
5. Always use a clean tissue to dab your eyes. Do not use a handkerchief as this introduces infection.
6. If your eyelids are slightly sticky, use some cooled boiled water to gently clean the closed eyelids with the moist tissue.



7. You may continue all normal daily activities except for swimming, contact sports and heavy lifting until you have discussed them with your doctor.

8. You may drive once you are told it is safe to do so.

9. If applicable, new glasses will be discussed at your follow up appointment – usually you should get these 4-6 weeks after your surgery. You may wear your old glasses if you wish but they may not be as effective as before the surgery.

10. Take care not to poke the eye.

11. Always wash your hands before and after using your eye drops or cleaning your eye.

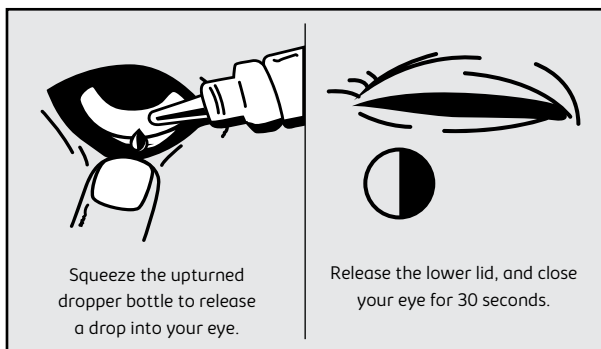
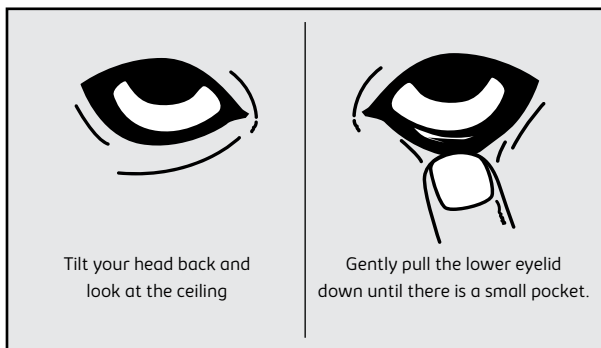
Discharged Tool:

	YES	NO
1. TTO Medications		
2. Advice regarding care of eye		
3. Follow up appointment		
4. All belongings returned		



How to put in eye drops:

1. Tilt your head back, preferably resting it against the back of a chair
2. Gently pull down your lower lid with one hand.
3. Look up.
4. Allow drops to fall inside the lower lid.
5. Close eye gently and try not to blink.
6. Do not let the dropper touch the skin or lashes.
7. Leave a gap of 3 minutes between each drop to allow it to absorb.



Moorfields Dubai



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A branch of Moorfields London

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Opening hours:

Saturday to Thursday, 8.30am to 5.30pm,
for information and advice on eye conditions and
treatments from experienced ophthalmic trained staff.

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