

## Vitreo-Retinal Surgery

### What Is A Vitreo-Retinal Surgery?

Vitreoretinal surgery refers to any operation to treat eye problems involving the retina, macula, and vitreous. These include retinal detachment, macular hole, epiretinal membrane and complications related to diabetic retinopathy.

### How Do I Prepare Myself For Vitreo-Retinal Surgery?

- You will need to undergo a series of investigations to ensure your fitness for surgery. This will include a blood test and electrocardiogram (ECG).
- You may be scheduled to see an anesthetist to ensure your medical fitness to undergo surgery.

### What Should I Do On The Day Of Surgery?

- Fasting depends on time of surgery.
- Unless advised by your surgeon, you should take your regular medications as usual before the operation.
- If you are diabetic and on medication, do not take your medicine or administer any injections on the day of the operation.
- If you are asthmatic and on an inhaler puff, bring along your inhaler medicine.
- Do not drive on the day of surgery.
- You are strongly encouraged to arrange for someone to accompany you on the day of surgery.
- Wash your hair and take a shower.
- Wash your face, including your eyelids.
- Do not apply make-up.
- Remove all jewelry, contact lenses, false eyelashes and nail polish.
- Wear comfortable clothing such as a loose-fitting top with front buttons and shorts or pants.
- Bring a pair of sunglasses in case your eyes are sensitive to light.

### Post Surgery Advise

- Administer eye drops as instructed and do not rub your eyes.
- Wash your hands with soap and water, then dry your hands thoroughly before and after instilling the eye-drops.
- You may experience the sensation of having particles in your eyes. Redness, lid swelling and tearing may also occur and usually lasts for a few days.
- If you are given an eye shield, please wear it to sleep to avoid accidental injury during sleep.
- If gas or oil has been injected into the eye, your doctor will advise you to keep your head in a specific position. Please comply with your doctor's advice as this helps the gas or oil to be in contact with the affected retina to facilitate healing.

## **Post Surgery Advise (continued)**

- If gas or oil has been injected into your eye, you are advised NOT to travel by air or visit high altitude areas immediately after the surgery. Please check with your doctor on when it is safe to fly as a rapid increase in altitude can cause a dangerous rise in eye pressure.
- Wear a pair of sunglasses when you are outdoors, it will make the eyes more comfortable and help to protect them from sun glare.
- You may resume your normal diet but be sure to include fruits and vegetables in your diet to reduce the chances of constipation.
- Avoid strenuous activities such as jogging, cycling, swimming and etc.
- Avoid crowded/dusty places.
- Do not allow water or soap to enter your operated eye during the first 2 weeks after surgery.
- Avoid driving until your doctor advises you can do so; which will be approximately six weeks after surgery depending on recovery rate.
- Keep your appointment with your doctor as follow up is important to prevent complications following surgery.

## **Instillation Of Eye Drops**

- Check the expiry date on the eye drops.
- Wash your hands with soap and water, then dry your hands thoroughly before and after instilling the eye-drops.
- If more than one type of eye drop is required, wait 5 minutes before instilling the next eye drop.
- Gently shake the eye drop bottle before use.
- Tilt your head backward slightly and gently pull your lower eyelid down with your fingers to expose the center of the eyelid.
- Hold the bottle 2cm above your eye and allow the medication to drop into the lower fornix.
- Avoid touching the eyelids or surrounding area of the bottle dropper tip.
- Remove excess eye drops with a clean tissue.

## **When Should I Seek Medical Help?**

Should you experience any complications such as the following:

- Sudden or severe pain
- Sudden deterioration or worsening of vision
- Excessive discharge and redness from the operated eye
- Excessive bleeding
- Excessive swelling

Please contact our main line or head to your nearest Emergency Department.

## Alexandra Hospital

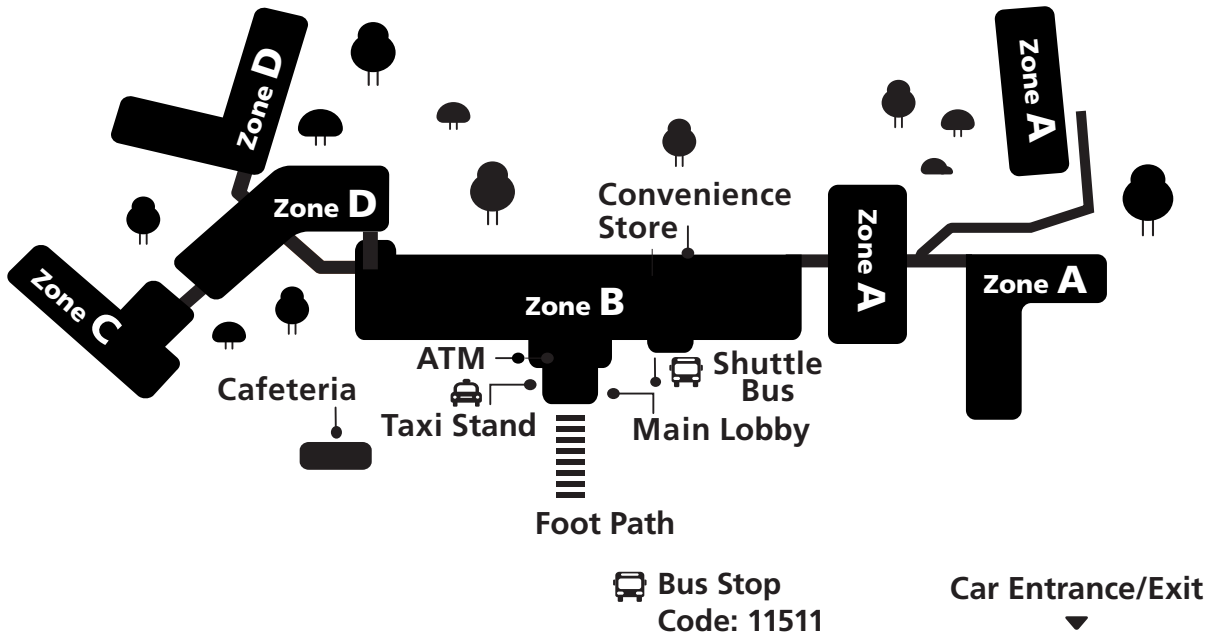
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