



Royal Berkshire
NHS Foundation Trust

After retinal detachment surgery (no posturing required)

Information for patients

This leaflet is for patients who have undergone retinal detachment surgery and gives advice on what to do once you get home to aid healing.

Instructions to follow after your operation

When you go home after surgery, you should follow the following advice for approximately 4-6 weeks.

1. You can carry out most daily activities as normal but it may take a few days to fully recover from the anaesthetic so it is a good idea to take things easy.
2. You may read or watch television, as you feel able.
3. It takes time for your vision to settle after your operation – approximately 2-3 months. Please don't worry if you cannot see well immediately after the operation.
4. Use your eye drops and any other medication/tablets prescribed by the doctor.
5. Avoid rubbing or pressing on your eye.
6. Your eye may look red and be slightly painful after the operation. This will gradually get better as you use your eye drops and take any pain relief you have been prescribed. If this does not control the pain, contact the hospital on the number listed on the back of this leaflet.
7. After you have been for your first follow-up appointment and the doctor is happy with your progress, you can return to your normal routine. This generally means that

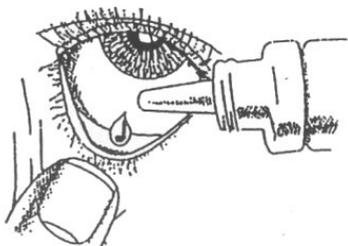
you can return to work if the work is not heavy or strenuous. You may take light exercise. The only precaution you must take is to avoid direct injury to the eye.

If you have any particular queries, e.g. resuming driving, please ask the doctor or nurse at the clinic.

8. If you notice your sight getting worse rather than better, you should contact the Eye Unit as soon as possible.

Putting in eye drops

1. Wash your hands thoroughly.
2. Tilt your head back and look at the ceiling.
3. Gently pull the lower eyelid down until there is a small pocket (use a tissue or cosmetic pad to do this).
4. Squeeze the bottom of the dropper/bottle to release a drop into the eye.
5. Release the lower lid and close your eye for 30 seconds. Dab any excess fluid with a tissue.
6. Wash your hands.



Contact us

If you have got a minor eye problem, please seek advice from your GP, optician or pharmacist. If you think your problem might be urgent, please attend Eye Casualty.

Eye Casualty, Prince Charles Eye Unit, Windsor:

Monday to Friday 9.00am-5.00pm

Saturday, Sundays & Bank Holidays 9.00am-12.30pm

Eye Casualty: Royal Berkshire Hospital, Reading:

Monday to Friday 9.00am-5.00pm

Saturday 9.00am-12.30pm

Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

Visit the Trust website at www.royalberkshire.nhs.uk

Eye Unit, February 2019

Review due: June 2021