



# Planning for Surgery

- To prepare for your procedure, please do not eat 8 hours prior to surgery. You may drink clear liquids (water, apple juice, clear broth) up to 6 hours prior to surgery. Please arrive at the surgery location 1 hour prior to your scheduled surgery time and expect to be there for 2-4 hours. Please arrange for a driver to transport you home following your procedure who will also be responsible for signing your discharge papers.
- After surgery, the surgeon will provide post-operative instructions to the patient and family. Eye drops or other medications may be prescribed. The day after surgery, patients are seen at their ophthalmologist's office where the patch is removed, and the eye is examined. Post-operative instructions and activity restrictions will be reviewed.
- NOTE: Most retina surgeries are performed on an outpatient basis.

## Vitrectomy

During a vitrectomy, the retina specialist will remove the vitreous gel and replace it with fluid, gas, or oil bubble depending on the retinal diagnosis. During a vitrectomy for retinal detachment, fluid from under the retina may be drained. If gas or air was used to replace the vitreous body, a bubble will be visible for 2-3 weeks as the eye replaces the air/gas with fluid. In the case of a complex retinal detachment, silicone oil may be used in place of air or gas to replace the vitreous. The silicone oil will remain in the eye until the retina has healed and is stable, at which point the retina specialist will surgically remove the oil. Additional procedures such as membrane peeling or laser may be performed alongside a vitrectomy.



## Scleral Buckle

Your retina specialist may choose to place a scleral buckle, a specialized band, around the eye during retinal detachment repair. A scleral buckle provides support to the retina and is used to flatten and re-attach the retina. Scleral buckles are typically meant to be permanent.

## Post-Surgical Instructions

### **Please follow these instructions after surgery:**

- Please keep your eye patch on until your next day postop appointment.
- It is common to experience mild to moderate irritation/aching after surgery.
- For mild to moderate pain or irritation, an over-the-counter pain reliever (i.e. ibuprofen) can be used. Narcotic medications may be considered on an individual basis.
- After the 1<sup>st</sup> postoperative appointment, over the counter preservative free artificial tears, also known as lubricating drops, can be helpful in alleviating irritation.
- Please follow the outlined prescription eye drop regimen as closely as possible.
- No contact lenses or swimming until advised by the physician.
- It is okay to shower and wash your face. Keep your eyes closed to avoid getting water or soap in your eyes.



**The following symptoms are COMMON:**

- Blurry vision
- Tearing
- Mild floaters or bubbles in your vision
- Mild to moderate discomfort or irritation
- Redness (sometimes this can cover the entire white part of the eye and last a few weeks)
- Bloody tears for a few days after surgery

**The following symptoms are NOT NORMAL and are reason to call our office immediately:**

- Severe, constant pain
- Worsening pain after the first day
- Significant decrease in vision
- Curtain or veil in your vision

Please contact our office with any questions or concerns at (253) 236-5720.

Follow-up care is very important. Be sure to keep your scheduled appointment.