

Patient information leaflet

Instructions for posturing after your eye surgery

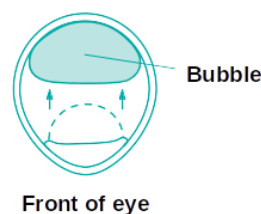
If you have had retinal surgery, then it may be likely that your ophthalmic surgeon used a gas bubble to support the retina and help it to heal. Posturing ensured that the bubble presses against the correct part of your retina, inside your eye. Your clinician will tick which posture you will need to use after your operation.

How to posture sitting upright

- This position allows the gas bubble to press against the **upper retina**
- **You should** sit or stand upright, or lie with your head propped up
- **Do not** lie flat on your back, or on your side
- You can move around as much as you want, as long as your head is upright
- You can take breaks from this position for 10 to 15 minutes every hour.

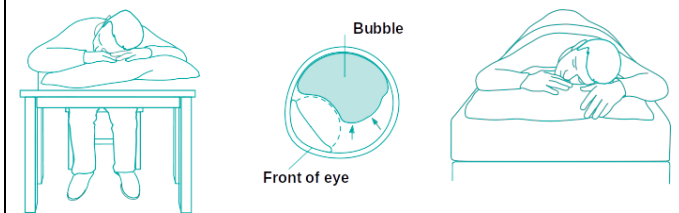
How to posture face down

- This position allows the bubble to press against the macula
- **You should** keep your face parallel to the floor
- You may find it easiest to do this sitting in a chair with your head resting on a table, or on an **ironing board** adjusted to a comfortable height. An inflatable travel pillow can also help
- **Do not** lie flat on your back
- You can move around as much as you want, as long as you are facing downwards
- You can take breaks from this position for 10 to 15 minutes every hour.



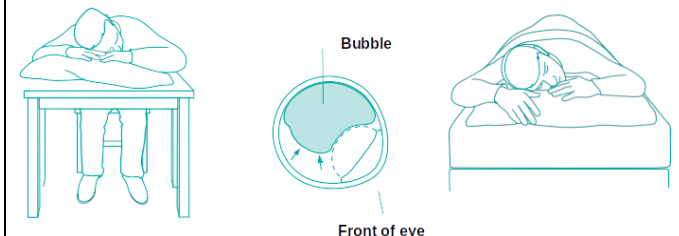
How to posture left cheek to pillow ☐

- This position allows the bubble to press against the right side of your retina
- **You should** sit or lie with your left cheek on a pillow
- You may find it easiest to do this sitting in a chair with your head resting on a table, or on an **ironing board** adjusted to a comfortable height. An inflatable travel pillow can also help
- **Do not** lie flat on your back
- You can move around as much as you want, as long as your left cheek is facing downwards
- You can take breaks from this position for 10 to 15 minutes every hour



How to posture right cheek to pillow ☐

- This position allows the bubble to press against the left side of your retina
- **You should** sit or lie with your right cheek on a pillow
- You may find it easiest to do this sitting in a chair with your head resting on a table, or on an **ironing board** adjusted to a comfortable height. An inflatable travel pillow can also help
- **Do not** lie flat on your back
- You can move around as much as you want, as long as your right cheek is facing downwards
- You can take breaks from this position for 10 to 15 minutes every hour.



Things to avoid

While you have gas in your eye **you must not fly** in a plane or travel to a high altitude. **You must not have nitrous oxide** anaesthetic ('gas and air' or 'laughing gas'). These make the gas bubble expand and damage your eye. The gas disappears over these times:

- C₃F₈ over 8 weeks
- C₂F₆ over 4 weeks
- SF₆ over 3 weeks
- Air over 1 week.

Your surgeon will tell you which gas is in your eye.

General advice after retinal surgery

- Use your eye drops as instructed
- Stay off work and take it easy for 2 weeks
- Feel free to read or watch TV in moderation
- You can shower, but avoid getting water or soap in your eye
- Wear your own glasses if they help you see. Wear sunglasses for comfort
- Avoid heavy lifting or straining for 2 weeks. For example, refrain from gardening and sport, and take a less active role sexually. straining from constipation
- Do not drive until after your first clinic appointment
- Do not rub your eye.

If you have questions

If you have any further questions, you can contact us at The Edinburgh Clinic **0131 447 2340** (opening hours 0800-2000 Monday to Friday and reduced hours at weekends)

Clinic Out of Hours Emergency number **07885 448248** or **NHS24 111**

Approved by: Craig Macdonald
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