

Vitreo-retinal Surgery Post-operative Care & Advice



Singapore National
Eye Centre

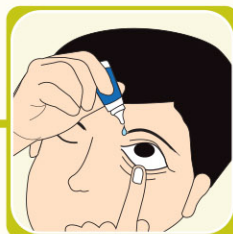
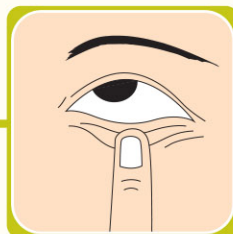
SingHealth
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DO's

- 1** Always wash your hands before applying any medication



- 2** Apply eye drops (1 month)



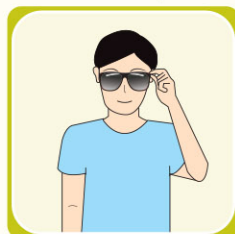
- 3** Perform eye dressing (1 week)



- 4** No food restrictions



- 5** Wear sunglasses when outdoors (1 month)



- 6** Can watch TV (if no posturing is required)



- 7** Can do computer work (if no posturing is required)



- 8** Do posturing if intraocular gas or silicone oil has been used
(e.g. posture face down / sit upright / posture left cheek down / posture right cheek down)



- 9** Simple cooking is fine (no deep frying)



- 10** Shower / bathe but avoid water entering eye



DON'Ts

1 Don't rub / press on eye (1 month)



2 Don't apply make-up (1 month)



3 Don't splash water into the eye (1 month)



4 Don't bend forward (1 month)



5 Refrain from driving until your vision is clear or as advised by doctor



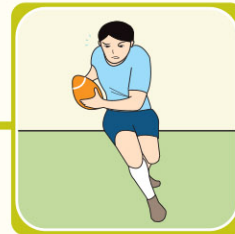
6 Don't exercise (1 month)



7 Avoid swimming (1 month)



8 Avoid sports (1 month)



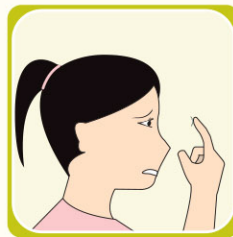
9 Don't lift heavy objects (1 month)



10 Avoid strenuous work (1 month)



11 Avoid wearing contact lens (1 month)



12 Don't travel by plane if intraocular gas is used unless advised by surgeon



IMPORTANT INFORMATION:

- Following vitreo-retinal operation (you may experience for a few days to a week):
 - Itchy / sticky eye / gritty feeling / “sandy” feeling and blurry vision.
 - Eye may be red or slight aching over eye area or bruising of the eye or eyelid.
- Avoid crowded or dusty places.
- Should you experience or notice any of the following symptoms, please seek medical attention immediately:
 - Headache / pain not relieved by medication
 - Decrease in vision
 - Excessive discharge from operated eye
 - Sudden increase of floaters or flashes
 - Persistent nausea and vomiting
- For repeat medications or further assistance, please contact SNEC at the following numbers:
 - During office hours at 6227 7266 (Appointments)
 - After office hours at 6532 4865 (Answering Service)

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A&E), which is located at Block 1.

Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Email: appointments@sneec.com.sg Website: www.sneec.com.sg