

# RETINAL SURGERY INFORMATION

Dear Patient,

This instruction sheet contains valuable information about the medications you must take before and after your retinal surgery. Be sure to keep this information handy for reference.

## MEDICATIONS



VIGAMOX



PROLENSA



LOTEMAX GEL

## BEFORE SURGERY

Beginning **two (2) days before surgery**, put one (1) drop of **each: VIGAMOX and LOTEMAX GEL four (4) times per day** and **PROLENSA once (1) per day into the eye that is planned for surgery (SEE WEEK 1)**  
**WAIT 5-10 MINUTES BETWEEN APPLYING EACH DROP, KEEPING EYE CLOSED FOR 1 MIN AFTER EACH DROP**

Good times to take your drops:

- 1) When you wake up
- 2) Lunch
- 3) Dinner
- 4) Before bed

## AFTER SURGERY

### WEEK 1

After your post-operative visit re-start these three (3) drops:

**VIGAMOX** four (4) times per day  
**PROLENSA** once (1) per day  
**LOTEMAX GEL** four (4) times per day



### WEEK 2

Continue:  
**PROLENSA** once (1) per day  
**LOTEMAX GEL** four (4) times per day



### WEEK 3

Continue:  
**LOTEMAX GEL** four (4) times per day



### WEEK 4

Continue:  
**LOTEMAX GEL** four (4) times per day **OR** until bottle is finished



**Mitchell Eye Centre**

**EMERGENCY/ON CALL PHONE: 403-630-1019**

# RETINAL SURGERY INFORMATION

## ADDITIONAL INSTRUCTIONS

You have just had **Vitrectomy** or **Scleral Buckle** surgery and you may have a gas bubble or oil in your eye. The gas bubble will **reabsorb on its own**. The oil will require a **repeat surgery** to remove it in approximately 3 months. Your surgeon will tell you if this applies to your surgery and if positioning after surgery is needed.

**\*\*ABSOLUTELY NO FLYING in ANY case until the gas/air bubble is completely gone\*\***

Wear the plastic shield provided at night for the first **two weeks** to protect your eye while sleeping. DO NOT put padding under the shield. You will need to purchase additional medical tape at the pharmacy.

### **For the first two (2) weeks after your retinal surgery:**

- NO driving
- NO going into pools, hot tubs, lakes, or bathtubs. You may shower, but keep your eye covered to avoid getting water into your surgical eye.
- NO reading
- NO texting, email, or computer work as this involves much more eye movement and strain
- You may watch television as this involves less eye movement and strain, provided you sit 5 or more feet away from the screen
- NO intercourse
- NO bending at the waist (household chores, fitness/exercise activities)
- NO heavy lifting over 5-10 lbs for **one month**
- Your surgeon will let you know how much time you will need off work following your retinal surgery
- You should expect some blurring of vision for several weeks following surgery, this should progressively improve
- If you need to position face down (for retinal detachment or macular hole) there are two companies that provide equipment that can help to make your recovery more comfortable.
  1. Retina Recovery Rentals 1-833-473-8462
  2. Calgary Vitrectomy Recovery Equipment 403-226-6370

**IMPORTANT:** IF YOU EXPERIENCE A SUDDEN DECREASE IN VISION, INCREASED PAIN, INCREASED REDNESS (COMPARED TO RIGHT AFTER SURGERY), ANY LIGHT SENSITIVITY, OR COLORED DISCHARGE (OTHER THAN CLEAR WATERING), PLEASE CALL THE OFFICE IMMEDIATELY, OR IF IT IS AFTER HOURS AND YOU ARE UNABLE TO REACH THE OFFICE GO TO THE ROCKYVIEW EMERGENCY ROOM TO SEE THE ON-CALL OPHTHALMOLOGY SERVICE

### **Mitchell Eye Centre**

#220, 5504 MacLeod Trail S.W. Calgary, AB T2H 0J5

P: 403-258-1773 F: 403-258-2704

**EMERGENCY/ON CALL PHONE: 403-630-1019**

