

Recovering from your vitreo- retinal surgery – posturing instructions

Patient label

To recover from your surgery, you must follow the instructions on this information sheet. If you have any questions, please call the eye emergency department on 020 7188 4336.

Posturing instructions

Day time

Night time

Position

Medicines

You must continue to use your eye drops (details overleaf) until your eye doctor tells you to stop. You should always follow the instructions that your doctor has given to you and read the information that comes with the drops.

Using your eye drops

1. Wash your hands.
2. Gently pull down your lower eyelid slightly.
3. Look up; place a drop just inside the lower eyelid.
4. Gently close your eyelids. Wait approximately 30 seconds before you open your eye.
5. Wash your hands again.

Leave a gap of five minutes between drops if you are using more than one type. If you forget a dose then put one drop in your eye when you remember.

Follow-up appointment

You have a follow-up appointment in the Eye Department, St Thomas' Hospital
on: at:.....

If you are unable to attend this appointment call 020 7188 8000.

What should I do if I have a problem?

If you become aware that your vision is getting worse, or that the pain in your eye is increasing, it is vital that you contact the eye emergency department without delay. See contact details below.

Contact us

If you have questions or concerns, please contact the eye casualty department on 020 7188 0077 (Monday to Friday, 8.30am to 4.30pm).

Outside of these hours call the hospital switchboard on 020 7188 7188 and ask for bleep 1912. This is the number for the vitreo-retinal nurse.

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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t: 0848 143 4017 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

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