Recovering from your vitreo-retinal surgery - posturing instructions

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 below) 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.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets
Pharmacy Medicines Helpline
If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

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

Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

| t: 020 7188 8801 (PALS) | e: pals@gstt.nhs.uk |
| t: 020 7188 3514 (complaints) | e: complaints2@gstt.nhs.uk |

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please get in touch.

| t: 020 7188 8815 | e: languagesupport@gstt.nhs.uk |

NHS 111
Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

| t: 111 |

NHS website
Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

| w: www.nhs.uk |

Get involved and have your say: become a member of the Trust
Members of Guy’s and St Thomas’ NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

| t: 0800 731 0319 | e: members@gstt.nhs.uk |
| w: www.guysandstthomas.nhs.uk/membership |

Was this leaflet useful?
We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, w: www.guysandstthomas.nhs.uk/leaflets, or e: patientinformationteam@gstt.nhs.uk