Retinal Detachment
Care after Treatment

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your doctor may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications sometimes happen. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- Avoid strenuous activities for several weeks or as directed.
- Avoid activities in which you are bent over at the waist or your head is lower than your waist.
- Avoid straining, such as from coughing, or with urinating or having a bowel movement. Use a stool softener if needed.
- You develop new, unexplained problems or an increase of the problems which brought you to your caregiver.
- If medications which kill germs (*antibiotics*) or eye drops were prescribed, take as directed and for as long as directed.
- **Keep appointments as directed.**
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing discharge from the eye.
- There is increased pain in the eye.
- An unexplained oral temperature above 101º F (38.3º C) develops.
- There are marked changes in the vision of the affected eye.
- There is a change in vision such as light flashes, *floaters* (light or dark spots), lines or holes or clouding of your vision.

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