

Patient label

Ophthalmology department

# Post-operative posturing following vitreoretinal surgery

## Information for patients, relatives and carers

### Posturing

During your operation to treat your retinal condition a bubble of gas or silicone oil was put into your eye. It is important that the gas or oil bubble floats into the correct position to support the part of the retina that needs flattening. To enable this, it is essential that you posture in the following position:

<p><b>By day</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sitting up</li> <li><input type="checkbox"/> Face down</li> <li><input type="checkbox"/> On the right side</li> <li><input type="checkbox"/> On the left side</li> <li><input type="checkbox"/> On alternate sides</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lying on one pillow</li> <li><input type="checkbox"/> Lying on two pillows</li> <li><input type="checkbox"/> Lying on neck roll</li> </ul>	<p>For _____ days</p>
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You should **sit or lie** in this position for **25 minutes in every 30 minutes**, and then take a **5-minute break** to walk around or use the toilet. You can take a longer break for meals, to visit the toilet or to take a shower or bath etc. When you are not carrying out one of these essential daily activities, it is important you continue to posture in the above position.

**When sleeping, you should posture in the following position:**

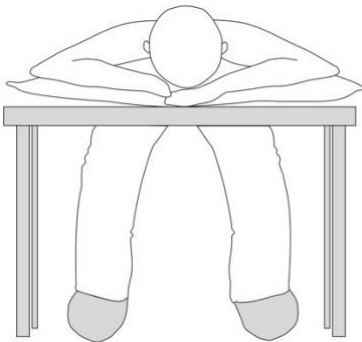
<p><b>Sleeping</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> On the right side</li> <li><input type="checkbox"/> On the left side</li> <li><input type="checkbox"/> On alternate sides</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lying on one pillow</li> <li><input type="checkbox"/> Lying on two pillows</li> <li><input type="checkbox"/> Lying on neck roll</li> </ul>	<p>For _____ nights</p>
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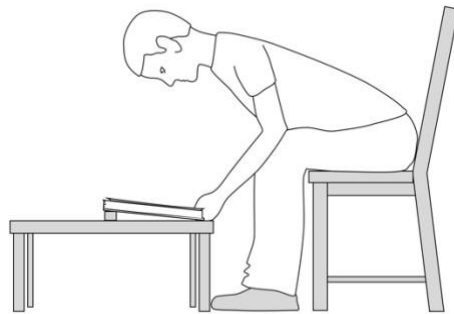
## Face down posturing

We recognise that posturing face down can seem difficult. You can do it in a number of ways:

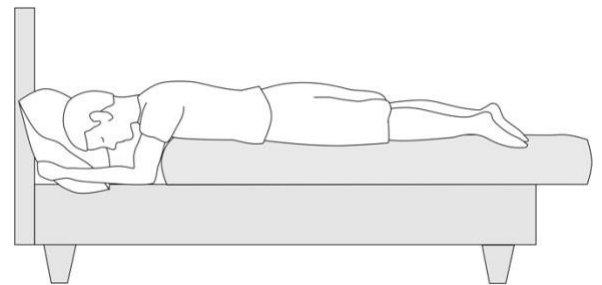
- Put your forehead on a pillow or cushion on a table.
- Sit in a chair and do something such as reading from a low table or the floor.
- Lie face down on a bed (You can pull the mattress down the bed about 18 inches to allow a pillow and your arms to fit into the space at the head of the bed).
- You can use a combination of the above



Sitting with head in face down position at a table



Reading a book from a low table with head in face down position



Lying on a bed with the mattress pulled down to allow space for your head to be face down on a pillow

## Who can I contact for more information?

- Alex Cross Ward, Western Eye Hospital: 020 3312 3227
- Emergency Department at Western Eye Hospital: 020 3312 3245
- Outpatients at Western Eye Hospital: 020 3312 3236

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

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