

Patient
 Information

Post-operative posturing following Vitreoretinal surgery

Posturing

During the 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:

Daytime <input type="checkbox"/> Sitting up <input type="checkbox"/> Face down <input type="checkbox"/> On your right side <input type="checkbox"/> On your left side <input type="checkbox"/> On alternate sides	<input type="checkbox"/> Lying on 1 pillow <input type="checkbox"/> Lying on 2 pillows <input type="checkbox"/> Lying on a neck roll	For _____ days
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You should **sit or lie** in this position for **25 minutes** 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 that you continue to posture in the above position.

Reference No.

GHP11775_05_23

Department

Ophthalmology

Review due

May 2026

Patient Information

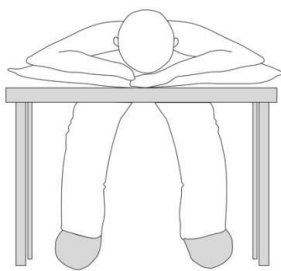
When sleeping, you should posture in the following position:

<p>Sleeping</p> <ul style="list-style-type: none"> <input type="checkbox"/> On your right side <input type="checkbox"/> On your left side <input type="checkbox"/> On alternate sides 	<ul style="list-style-type: none"> <input type="checkbox"/> Lying on 1 pillow <input type="checkbox"/> Lying on 2 pillows <input type="checkbox"/> Lying on a neck roll 	<p>For ____ nights</p>
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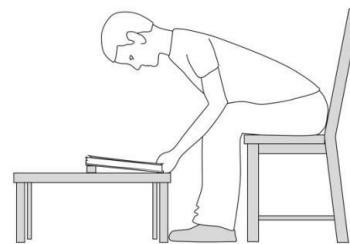
Face down posturing

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

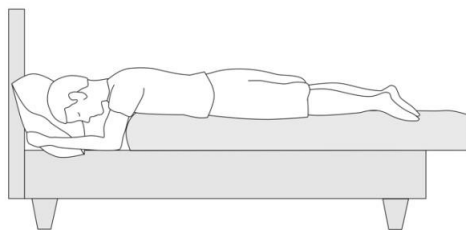
- put your forehead on a pillow or cushion on a table
- sit on a chair in front of a low table or floor to do something such as reading
- lie face down on a bed (You can pull the mattress down the bed about 18 inches to allow a pillow and your arms to fit into the space at the head of the bed)
- you 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 all space for your head to be face down on a pillow

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Who can I contact for more information?

Eyford Day Unit,
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