



## **INSTRUCTIONS FOLLOWING EPIRETINAL MEMBRANE SURGERY**

### **What is required after the operation?**

The eye is covered overnight with a pad and a plastic shield. This should be removed and discarded the next morning. However if cataract surgery has been carried out simultaneously the shield needs to be kept and worn overnight for the next 5 nights to protect the eye whilst sleeping.

The vision is not expected to improve in the early post-operative period so do not expect a dramatic improvement in the first few days to weeks.

Drops are required for about 4 weeks. Usually these are Maxidex (Dexamethasone and Neomycin) or Tobradex (Tobramycin and Dexamethasone). These are used 4 times a day for two weeks then reduced to 2 times a day for a further 2 weeks.

You may fly in an aircraft if required.

You should not rub the eye. You may take a shower and wash your hair normally, but try to avoid getting water in your eyes.

Any discharge on the eyelids can be cleaned gently with some cotton-wool moistened with warm water.

You should avoid swimming for about 2 weeks

You may drive providing you can read a UK number plate at a distance of 60 feet (UK regulations).

### **What follow-up is required?**

Usually a post-operative appointment is arranged for about 2 weeks, 6 weeks and 3 months post-operatively. The vision may continue to improve for up to one year after the surgery, so do not be disappointed if the vision is not good initially. Some distortion may persist.