



Vitrectomy or Scleral Buckling Surgery Protecting your vision.

■ Before treatment

Some surgeries are urgent, but others are more elective and can wait some time.

Your physician, and Debbie Williams, our surgical coordinator, will inform you as to the urgency of the procedure before it is scheduled. Debbie will work with you to schedule the optimal time and date of the surgery.

In general, you should not have anything to eat or drink after midnight the night before the surgery.

Almost all of our surgeries are performed on an outpatient basis, with no hospital stay.

You will need to have a driver pick you up after the surgery.

If you are from out of town, you will need to stay in Albuquerque overnight so that you can be seen by our practice the morning after your surgery. Our surgery coordinator will supply you with a list of hotels near your surgical facility.

■ Procedure

Most of our surgeries are performed under local anesthesia. The Anesthesiology staff member will sedate you temporarily with an IV, after which we administer numbing medicine around the eye we'll be working on.

While under local anesthesia, you will largely be awake during the surgery, although you will be calm and drowsy. If you feel anxious we will administer more IV medication.

Some longer surgeries, or in cases where we work on both eyes, the patient undergoes general anesthesia, where he/she will be completely asleep for the duration of the case.

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■ After treatment

You will be discharged from the surgical facility shortly following your procedure, under the care of your driver.

You will be discharged home with a patch over the eye, to be left undisturbed until your appointment with High Country Macula the following day.

Most patients will be required to maintain some form of positioning overnight, and possibly longer, depending upon the type of surgery and the type of gas bubble used.

Retinal detachment repair typically requires positioning for at least 2 weeks. If face down positioning is required, our office will provide you with the contact information of vendors who can overnight the equipment to you when needed.

Mild discomfort is normal, but severe pain is not. Supportive care for mild discomfort following the surgery should be administered, including cool compresses and pain pills. Some physicians recommend routine use of pain pills the night after the surgery. Severe pain is not normal, and you should call our office immediately if this occurs.

The morning after the surgery you may shower from the neck down, but you should not get the patch wet.

Typically you will be scheduled for a post-op exam in 7-10 days, after which you will be able to return to work and 90% of normal activity (nothing vigorous or jarring).

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■ After treatment

You should remain on very limited activity during your week off of work, mainly resting at home in the required position when indicated (45 – 50 min per hour), and using eye drops as prescribed until your next appointment.

Vision takes many months to reach its maximum level.

Cataract surgery will frequently be required before you will regain your best vision. If you've already had your cataract removed, it cannot come back.

Cataract sometimes presents immediately following surgery, but usually becomes visually significant several months following the procedure.

You may return to work once your eye is anatomically healed, vision permitting, even while waiting for the vision to reach its best level.

After surgery, the outward signs of inflammation should show a steady decline.

Please call our office immediately at **505-982-5716:**

- **For increasing pain, redness, discharge.**
- **For decreasing vision.**