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Post-retinal Surgery Instructions

- 1 Adhere to the sleeping and sitting position.
- 2 Avoid rubbing or applying pressure to your eyes.
- 3 Adhere to the medication prescribed.
- 4 You can watch TV, and use smart devices.
- 5 You can perform wudu (ablution) and take a shower from the second day of surgery but avoid getting water in your eye.
- 6 Avoid bowing and prostration.
- 7 Avoid driving until vision improved.
- 8 Avoid air travel or going to high places when injecting your eye with gas.
- 9 Use an protective eye cover especially when you sleep, until the first post-operative appointment.
- 10 When the following symptoms appear you should go to emergency:
 - Sudden decrease in eye vision.
 - Sever pain and redness in the eye.

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Ophthalmology Department

Health Awareness Unit