Instructions for post-operative posturing

Face down, right cheek on pillow

Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening.

Instructions

- Move around as much as you can maintaining your posturing position.
- If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570.
Instructions for post-operative posturing

**Face down, left cheek to pillow**
Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening.

![Diagram showing posturing instructions]

**Instructions**
- Move around as much as you can maintaining your posturing position.
- If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570.
Instructions for post-operative posturing

Posture lying on right side
Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening

Instructions
• Continue posturing as instructed by your doctor
• Posture as instructed during the day with a 10 minute break every hour (excluding toilet purposes and meals) and all night
• Never fly in a plane if gas is still present. Ask advice about this
• Move around as much as you can maintaining your posturing position
• You may undertake light household activities, e.g. dusting, washing up, reading etc., providing you keep your head in the posturing position
• Do not lie on your back
• If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570
Instructions for post-operative posturing

Posture lying on left side

Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening.

Instructions

• Continue posturing as instructed by your doctor
• Posture as instructed during the day with a 10 minute break every hour (excluding toilet purposes and meals) and all night
• Never fly in a plane if gas is still present. Ask advice about this
• Move around as much as you can maintaining your posturing position
• You may undertake light household activities, e.g. dusting, washing up, reading etc., providing you keep your head in the posturing position
• Do not lie on your back
• If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570
Instructions for post-operative posturing

Sitting upright
Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening

Instructions
- Continue posturing as instructed by your doctor
- Posture as instructed during the day with a 10 minute break every hour (excluding toilet purposes and meals) and all night
- Never fly in a plane if gas is still present. Ask advice about this
- Do not lie on your back
- You may undertake light household activities, e.g. dusting, washing up, reading etc., providing you keep your head in the posturing position
- Move around as much as you can maintaining your posturing position
- If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570
Instructions for post-operative posturing

Posture face down after macular hole surgery

Posturing is necessary to ensure the gas bubble is positioned against the part of the retina that requires flattening.

Instructions

- Your head must be positioned so your face is parallel to the floor. Continue to posture as instructed by your surgeon or nurse.
- Posture as instructed during the day with a 10 minute break every hour (excluding toilet purposes and for meals) and maintain your posture all night if possible.
- Mobility will be limited, but you should move around as much as you can, maintaining your posturing position.
- You might find an inflatable travel pillow and a neck massage help with your posturing.
- Do not lie on your back.
- If you require a general anaesthetic during the time you have a gas bubble in your eye please make sure your ophthalmologist is contacted.
- Move around as much as you can maintaining your posturing position.
- Never fly in a plane if gas is still present. Ask advice about this.
- If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570.
Instructions for post-operative posturing

Posture face down, alternate cheeks to pillow

Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening

Instructions

- Continue posturing until your clinic appointment
- Posture as instructed during the day with a 5-10 minute break every hour (including toilet purposes and meals) and all night
- Move around as much as you can maintaining your posturing position
- Do not lie on your back

- Never fly in a plane if gas is still present. Ask advice about this
- If you require a general anaesthetic during the time you have a gas bubble in your eye please make sure your ophthalmologist is contacted
- If you have any queries please phone: Mackellar Ward (Male) on 020 7566 2590 or Sedgwick Ward (Female) on 020 7566 2570