



## VITRECTOMY SURGERY

Mr Danny Mitry  
Consultant Ophthalmic Surgeon

Vitrectomy surgery is done for a variety of retinal conditions including floaters, retinal detachment, epiretinal membranes, complicated cataract surgery, macula hole surgery, vitreous haemorrhage and other conditions.

A vitrectomy is usually done as a day case procedure but some patients do stay overnight. It is done either under local anaesthesia, sedation or general anaesthesia and without sutures usually. Sometimes the surgery is combined with other procedures such as cataract surgery.

Post-operatively the vision can take time to recover. The vision immediately after surgery is usually blurred due to air, gas or oil in the eye. Air and gas will absorb and disappear by themselves. This can take between one and eight weeks depending on the type of gas used. Mr Mitry can clarify which gas will be used and for how long it is expected to last. Following this surgery, if you need to have any further other procedure under general anaesthetic during the post-operative period, please let your next anaesthetist know, as a gas induction of anaesthesia is contra indicated with gas in the eye. You will also have a wrist band with the name of the gas in your eye.

You should not fly while there is a gas bubble in your eye as the gas bubble can expand and cause problems of pressure in your eye which can lead to loss of vision.

We would normally recommend that you rest after your surgery for the first two weeks but Mr Mitry will speak with you after the surgery to explain further.

Posturing is a term used to describe the position your head has to adopt after surgery because a bubble of gas or air was injected into your eye during the operation in order to help to keep your retina flat so it can float to settle over that area. Posturing time varies from 3-7 days and 45 minutes of every daytime hour. The nurse will explain how to posture and give verbal and written instructions before you leave hospital.

If you have discomfort, we suggest you take pain relief such as paracetamol every 4-6 hours (maximum of 8 tablets in 24 hours) but not aspirin which can cause bleeding. The eye may be red and gritty or even itchy after surgery, which may last 7-14 days. Please do not rub the eye and ensure that you wash your hands thoroughly before and after using eye drops. Fingernails should be kept short and clean.

If you have any further questions or concerns, please contact the office:

E: [secretary@mitryvision.com](mailto:secretary@mitryvision.com) or [danny@mitryvision.com](mailto:danny@mitryvision.com)

T: 0203 826 8370

Mr Danny Mitry FEBO, FRCOphth, PhD  
Consultant Ophthalmologist & Vitreo-Retinal Specialist

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**You should seek prompt treatment if you experience any of the following symptoms:**

- Severe pain
- Loss of vision (if a gas bubble is inserted your vision will be affected by its presence in the eye)
- Nausea, headache, intolerance of lights
- Increased redness

### **Appointments after surgery**

- Within 7 days after surgery you will see Mr Mitry who will check that your eye is healing well
- You will be advised if you can stop any of the drops
- One month after surgery you should have finished all your drops
- Further appointments will be made depending on the progress of the eye

### **Risk of complications**

- One of the most common side effects is the formation of a cataract. Approximately 70-90% of patients go on to develop a cataract in the first year after surgery. If the cataract is significant, you may need an operation. This surgery is far less complicated and requires no posturing afterwards.
- 10% of patients may experience raised pressure in the eye, which can be treated with eye drops
- A 4% - 5% risk of retinal tear which will need treatment that will include a gas bubble. If this is needed we will ask you to posture. Clear instructions will be given
- A 1% chance of developing a retinal detachment after surgery, which will require another operation to correct
- A less than 1 in a 1000 chance of developing a serious infection or haemorrhage in the eye which can result in irreversible sight loss.

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What are the signs of infection or raised pressure?

- Nausea / headache / severe pain / intolerance of lights
- Painful red sore eye
- Sticky discharge
- Any deterioration in vision.

What are the signs of retinal detachment?

- Light "flashes"
- The presence of a shadow which obscures vision and may spread over time large "floaters" or "spots".

If you experience any worrying symptoms, please contact Mr Mitry (07818 868532). Otherwise, please go to your local Accident and Emergency Hospital Eye Service.