



Health education Number: OPH-112

Set date: 2014.04.18

Revised date: 2024.01.31

Review date: 2024.01.04

Postoperative Positioning Following Retinal Detachment Surgery

What is Retinal Detachment ?

Retinal detachment is a serious eye disease. Prompt treatment of retinal detachment is vital to prevent of permanent vision loss. Your doctor will choose the appropriate treatment for you depending on your condition. Sometimes a gas bubble or silicone oil will be injected into the eye cavity. The pressure will force the retina back into position. You will need to lie in a special position to keep the gas bubble/silicone oil in place and help the retina reattach.



To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by Ophthalmology specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

Postoperative Positioning

1. Purpose

With the correct position, the gas bubble/silicone oil can be kept in place and help the retina reattach to the back of the eye so that it can heal.

2. Equipment

A U-shape pillow, several soft pillows, a table, and a chair.

3. Position

Usually, you will be asked to sit, and keep your head face down or lie on your side. Follow the doctor's instructions and keep the correct position. In general, the patient who underwent an inflated gas injection should remain in the instructed position for 14-21 days; 3-5days for silicone oil injection.

(1)Face down positon: Keep your face down either lying on the bed or sitting on a chair. Put your forehead on the U-shape pillow, and hands on the side (picture1.& 2.).



picture 1. lying face down position



picture 2. sit face down position

(2) Lie on your side: Lie on either right or left side on the bed and support your head with soft pillows (picture 3.).



picture 3. lying on your side

(3) Sitting with your head tilted to 45 degrees: Sit on a chair or a bed and tilt your head 45 degrees. You may use a U-shaped pillow to support your head and maintain the correct position (picture 4.).



picture 4. sitting with your head tilted to 45 degrees

(4) Sitting position: You may sit on a bed or a chair to keep your neck straight. For more comfort, put some pillows behind your back.

Precautions

1. Maintain the instructions at all times except eating, showering, and going to the restroom.

2. The wrong position will cause intraocular pressure to elevate and even cataract. Maintain the instructed position at all times.
3. You can put some soft pillows under your chest to relieve the discomfort while lying face down on the bed.
4. Wear the metal shield to protect the healing eye and avoid putting pressure on it while lying down.
5. During the instructed position, be sure to move your body once a while to maintain muscle strength. Massage your shoulder, neck, waist, and arms to avoid muscle fatigue.
6. If you feel uncomfortable during positioning, you may walk 5-10 minutes every 2 hours. Psychological support and appropriate activities should be provided.
7. The patient with an intraocular gas bubble should avoid air or high-altitude travel because it will result in expansion of the gas bubble if the altitude is greater than 4000 meters.
8. Activities that increase abdominal pressure should also be avoided, such as severe coughing, bending down, lifting heavy objects, or suddenly moving the head and other actions.

Conclusion

After injection of silicone oil or inflated gas, correct positioning with the doctor's instructions can effectively improve vision recovery. Take more nutrients that are beneficial to the retina, such as carrots, pumpkins, and nuts. It can also effectively prevent aging and achieve protection.

References

周桂如、徐淑芬、陳麗華 (2020) · 感覺功能失調疾病與護理 · 於王

桂芸、劉雪娥、馮容芬總校訂，*新編內外科護理學* (第六版，
17-56~17-60 頁) · 永大。

Blair, K., & Czyz, C. N. (2022). Retinal Detachment. In *StatPearls*.
StatPearls Publishing.

Boyd, K. (2023, Sep. 05). *Face-down recovery after retinal surgery*.
<https://www.aao.org/eye-health/treatments/face-down-recovery-after-retinal-surgery>

Mayo Clinic. (2022, Sept. 07). *Retinal detachment*.
<https://www.mayoclinic.org/diseases-conditions/retinal-detachment/diagnosis-treatment/drc-20351348>

Let us take the quiz to make sure you understand.

1. Retinal detachment is a serious eye disease, and prompt treatment is crucial to prevent permanent vision loss.

Yes No Don't know

2. Maintaining a specific posture after injection helps keep the gas bubble/silicone oil in place and helps to reattach the retina.

Yes No Don't know

3. Prolonged immobility is recommended to maintain the instructed position effectively.

Yes No Don't know

4. Incorrect positioning can lead to elevated intraocular pressure and potential cataract development.

Yes No Don't know

5. Patients with an intraocular gas bubble should avoid air travel above 4000 meters to prevent bubble expansion.

Yes No Don't know