

Patient information

Posturing

St Paul's Eye Department – Royal Liverpool Hospital

Your Doctor has advised you that you need an operation on your eye and you must 'posture' after your operation. This is because a bubble of gas or silicone oil will be injected into your eye during the operation as part of your treatment.

The position applicable to you depends upon the site of the problem in your eye.

Why must I posture?

By holding your head in a certain position, the bubble will float to the problem area in your eye, pressing on the part of the retina being treated.

The position of your head is of the **utmost importance**. You must posture as directed to achieve the desired effect. If you do not posture correctly, the treatment may fail.

How do I posture?

The doctor will advise you which posture is appropriate to you, and the nurses on the unit will show you how to achieve this.

Your posture is:

How long must I posture for?

Posturing is an extremely important part of your treatment. To be successful, it must be done continuously for 50 minutes out of each hour (followed by a ten minute break). You must posture from the time you get up until the time you go to bed.

You start posturing as soon as possible after your operation and continue for ten to fourteen days. The doctor will advise you in the clinic when you may discontinue posturing.

What can I do during my ten minute break?

It is important to move around normally and to stretch all your limbs, to prevent the formation of blood clots (deep vein thrombosis). Gentle movements will also help avoid aching muscles.

What about meal times?

You can sit and eat your meals as normal, but you should resume posturing as soon as possible afterwards.

Do I have to posture at night?

You are advised to sleep whichever way you choose but try to avoid sleeping on your back unless you have been told to do so by the doctor.

Important

If you have a bubble of gas put into the eye you must not travel by aeroplane until the bubble is totally absorbed. This normally takes between six to eight weeks and needs to be confirmed by your eye specialist.

If you require a general anaesthetic for an operation during this period, you will need to inform your anaesthetist that you have gas in your eye.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

St Paul's Day Ward

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