



Post-vitrectomy positioning guidelines

What is it?

Vitrectomy is a medical procedure in which gas or oil is inserted inside your eye as a replacement to a condensed and fibrous vitreous gel.

A vitrectomy may be performed to clear blood and debris from the eye, remove scar tissue, alleviate traction on the retina or repair a hole or wrinkle on the retina.

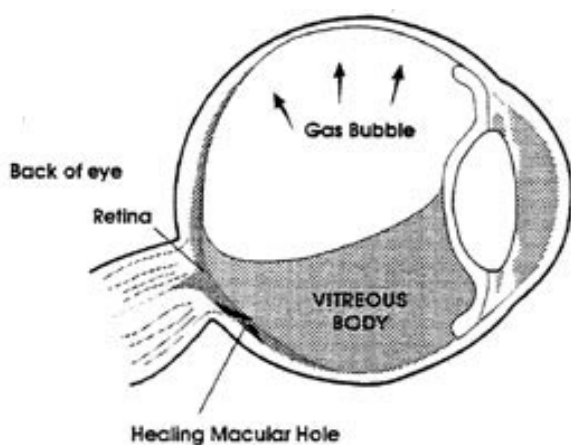
How is it done?

A surgeon removes the vitreous gel and replaces it with a gas bubble, which rises and applies pressure. When the face is pointed down the gas bubble will rise and flatten the macula against the back wall of the eye. During the ensuing weeks the eye will begin to heal, the macula will re-bond to the eye wall and the gas bubble will be reabsorbed by the eye and replaced by the clear aqueous fluid your eye produces at all times.

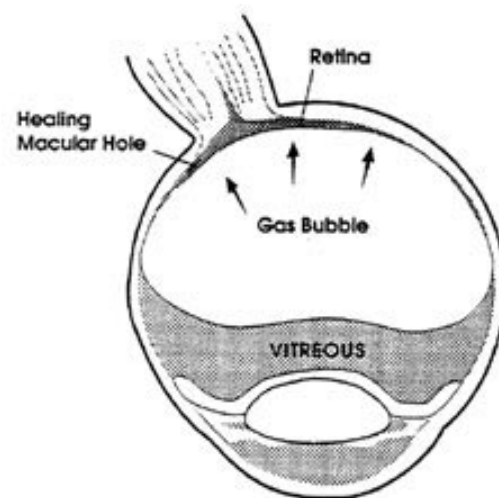
Why face down recovery?

Upon insertion, the gas bubble rises and applies pressure. The retina is at the back of the eye, but the gas bubble will only apply pressure to the top of the eye when the head is upright. Your face needs to be pointed down for the gas bubble to apply pressure to the retina and promote healing.

By having your head facing down you keep the gas bubble applying pressure to the retina, where it is needed for healing.



Upright head position



Face down head position

Various medical supply stores rent and sell ergonomic aids to assist with post-vitrectomy head positioning requirements, including:

Diamond Athletic Medical Supplies

www.diamondathletic.com

Reliable Mobility

www.reliablemobility.com

HomeEquip

www.homeequip.ca

