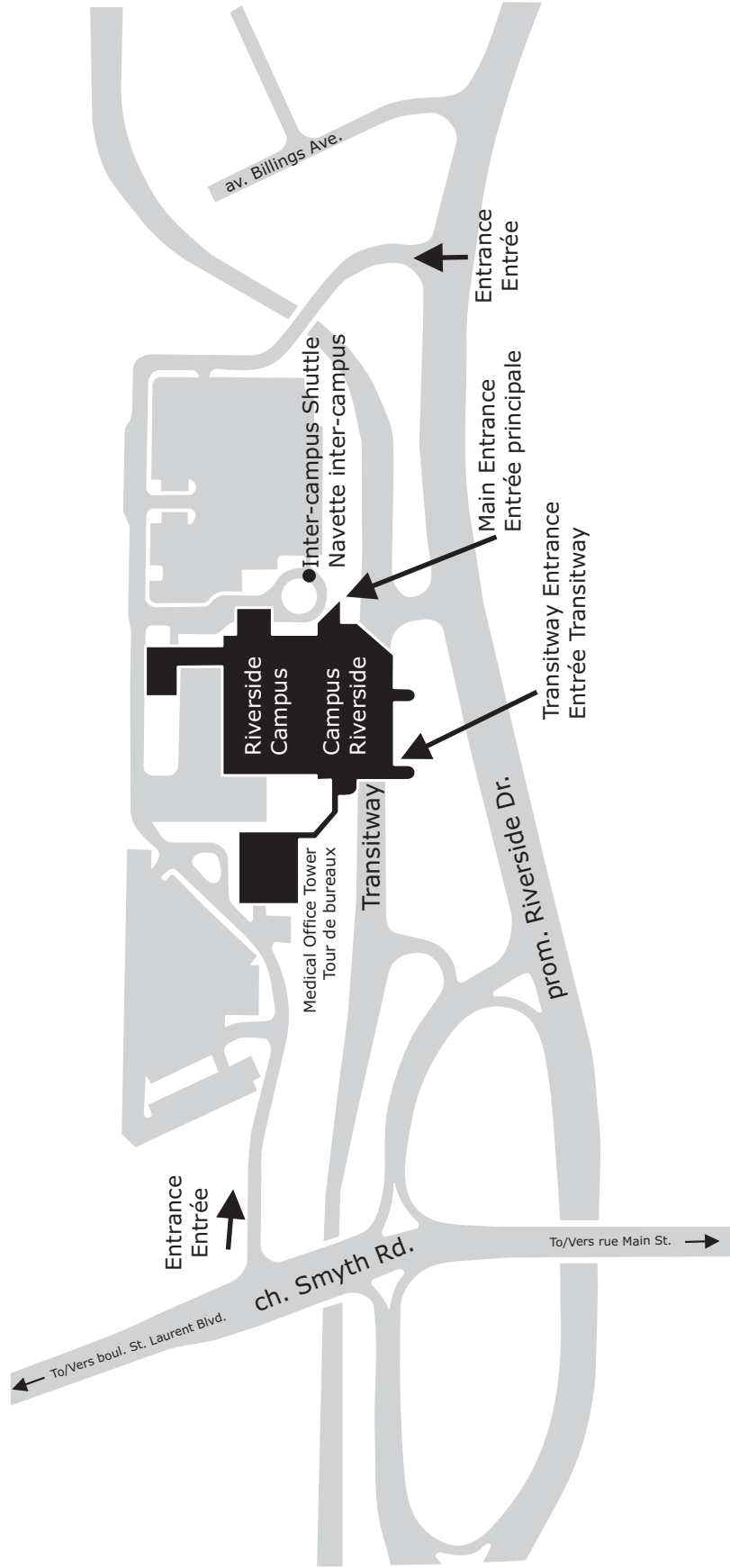


Riverside Campus – Campus Riverside

Parking is available in the parking lot adjacent to the Hospital.



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Patient Centred Care



Retina Surgery

Everything we do is
looked at from the
patient's point of view.



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d'Ottawa

WELCOME TO THE EYE CARE CENTRE

At the Eye Care Centre, we look at things from the patient's point of view. We believe that patients and their families are the most important people in the health care system.

We want you to take part in the planning and delivery of your care with your health care team. To help you to participate in your care, we will give you information to prepare you for your hospital stay and for discharge. We will support and assist you in reaching your goals for recovery.

As a partner in your own care, we want your feedback on the care and service we provide at the Eye Care Centre. Please be sure to ask any questions you may have at any time.

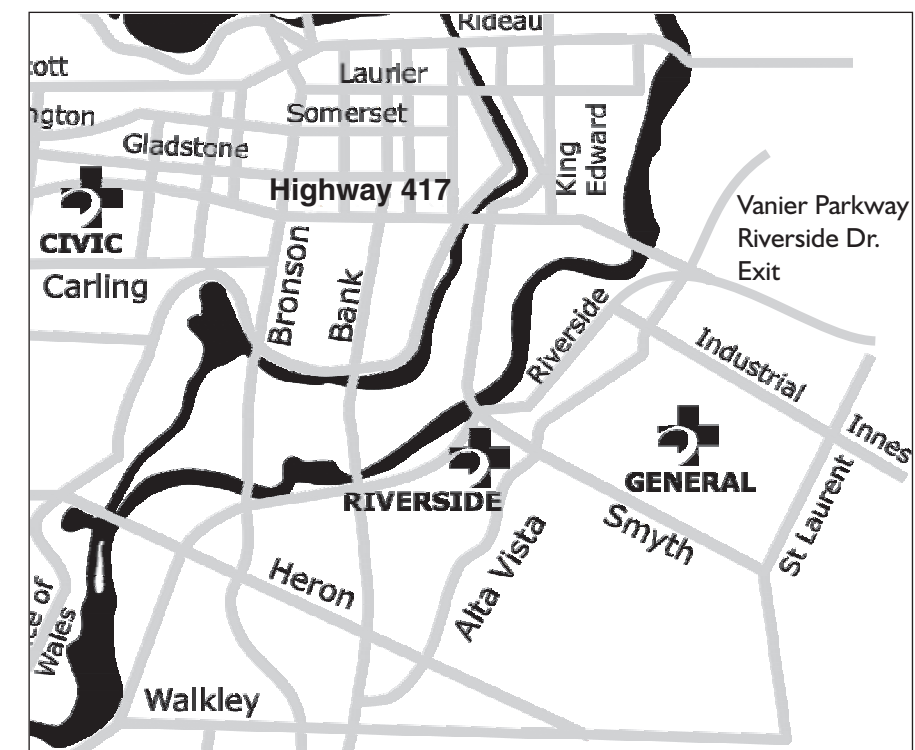
We also encourage you to complete one of the comment cards located throughout the hospital.

Riverside Campus - Campus Riverside

Pay parking is available
Wheelchair accessible

Bus Routes:

**40, 41, 87, 97, 110
118, 144, 145 and 149**



Arrangements will be made for a Pre-Admission Assessment at the Eye Care Centre within four weeks of your operation. You will be notified by telephone about a date and a time for the visit.

If you have not been contacted seven days prior to your surgical date, contact us at (613) **738-8387**.

Bring to the Pre-Admission Unit:

- a) your Provincial Health Card;
- b) any other hospital insurance card you may have;
- c) your Ottawa Hospital card, if you have one;
- d) the telephone number of a person to contact in case of an emergency;
- e) an interpreter if you do not speak English;
- f) all medications and eye drops in properly labelled containers, that you are taking; and
- g) a list of allergies, previous illnesses, surgeries and hospitalizations.

The visit will take from one and a half hours to three hours. Be sure to eat before you come for the visit. You do not need to fast for this appointment even if you are having tests.

You may be seen by more than one doctor during your visit, for example an anaesthetist or other specialist. The time the doctor spends with you may vary from just a few minutes to thirty minutes depending on the time needed for your individual assessment.

The nurse will spend approximately 30 minutes with you. She will provide you with information about how to prepare for your operation and what to expect during your hospital stay and after discharge. We encourage you to ask any questions or express any concerns you may have during this time.

Your hospital stay:

Your hospital stay is organized according to a care plan developed for patients having Retina Surgery. It gives you an outline of what you can expect while you are in hospital. Your health care team will assist you in your progress through your care plan.

If you are having a “Scleral Buckle” and/or a “Vitrectomy” operation, you will find a care plan on page 8.

CALL THE OFFICE IF YOU EXPERIENCE:

- Increased pain.
- Increased redness.
- Loss of vision.
- Discharge (more than the normal crusting and discharge in the morning.)
- Swelling

The Eye Care Centre Support Line (613) 738-8388 is provided for the use of Ottawa Hospital surgical patients who have concerns about their progress within one week of surgery. This direct line service is available from 8:00 a.m. to 4:00 p.m. Monday to Friday. If your call cannot be answered immediately, a voice message system will record your message, and your call will be returned as soon as possible. If the problem is urgent:

- 1) During regular hours, contact your surgeon at the office.
- 2) After office hours, contact your own eye surgeon or the surgeon on-call through the Ottawa Hospital, Riverside Campus switchboard at (613) 738-7100 or
- 3) Go to the General Campus Emergency Department

GETTING READY FOR YOUR RETINA OPERATION

1. Notify your doctor if you develop a cold, flu, eye infection, fever or cold sore within 48 hours before your surgery.
2. You will be called between 12:00 p.m. and 3:00 p.m. the day before your operation to let you know the time you are to come to the hospital. Please be available or have someone take the call. If you have not been called by 3:00 p.m., please call the hospital at (613) 738-8387 before 4:00 p.m.
3. DO NOT smoke, or drink any alcoholic beverages, (e.g. beer, wine) within 24 hours of your surgery.
4. DO NOT drink or eat solid food from midnight the night before surgery. Take your medications the morning of surgery as indicated by the nurse or the doctor in pre-admission with a small amount of water.
5. If you are taking an anticoagulant (that is, a blood thinner such as coumadin or aspirin) continue to take it as prescribed unless your doctor gives you other instructions.
6. Do not bring any valuables to the hospital, e.g. jewellery, large sums of money, credit cards.

7. Have a bath or shower prior to your arrival at the hospital. Remove all jewellery, make-up, nail polish and perfume.
8. Bring to the hospital:
 - a) your Provincial Health Card;
 - b) any other hospital insurance card you may have;
 - c) the name and phone number of the person providing transportation home;
 - d) your slippers and housecoat if you have them; and
 - e) your eye glass case, if you wear glasses.
9. You may wish to make arrangements to have someone stay with you the night after surgery in case you require assistance.
10. You will have a number of follow-up appointments with your doctor. **THE FIRST APPOINTMENT WILL BE THE DAY AFTER YOUR OPERATION.** The appointment time and place will be confirmed before you leave the hospital. If you are from out of town, you may wish to stay in town on the night of surgery. As a rule, you **WILL NOT** qualify for Home Care Services related to this surgery. A list of local rental accommodations close to the Eye Care Centre can be provided on request.

- Your doctor may tell you to sleep with your head in a specific position.
- Do not bend over or lift objects heavier than 4.5 kilos or 10 pounds for four weeks.
- You may bathe and shower and do light activities such as walking and preparing meals.
- Never pull or put pressure on your upper lid.
- You will be given a prescription for several different types of eye drops.
- To instill eye drops, lie down or sit with your head tilted backwards. Look upwards and pull your lower lid down gently. Close your eyes and wait a minute after each drop is instilled.
- You may wear your regular glasses if you find them comfortable.
- Wear dark glasses if it is very bright and sunny.

DISCHARGE INSTRUCTIONS

SCLERAL BUCKLE / VITRECTOMY

- Be sure to follow any specific instructions from your doctor or nurse.
- Your eye has a wound that will take time to heal.
- Do not rub your eye.
- Do not be concerned if you experience the occasional flash of light and see many “floaters”. You can expect your vision to be blurred for several weeks.
- You can expect to have some crusting and discharge in the morning. Your eye will probably “water” for several weeks.
- To clean your eye, use ordinary tap water and a clean soft wash-cloth for compresses. Scleral Buckle patients should use cold compresses for about 10 days and then warm compresses until there is no longer any discharge. Patients who have had a Vitrectomy only should use warm compresses until the discharge stops.
- Be extra careful of your eye as it heals. Do not get any liquid or soap in your eye for two weeks after your surgery.
- **If you had a vitrectomy** wear your eye shield at night for four weeks from the date of your surgery.

ON THE DAY OF YOUR OPERATION

1. Just a reminder - If you feel the need to go to the bathroom at anytime (even if you are already in the Operating Room) tell the nurse.
2. You will probably have a local anaesthetic and some sedation to make you feel relaxed and a little sleepy during the operation. You may be aware of voices and music in the background. After the procedure is completed, your doctor may place a dressing and eye shield on your eye. You may also feel a “scratchy sensation” in your operative eye. This is due to stitches used during the operation.
3. You may experience some nausea (sick stomach) and a slight headache after your operation. You will be given medication to keep you comfortable.
4. The Ottawa Hospital is a teaching hospital and students may be involved in your care.

ADDITIONAL INFORMATION

Cellular telephones can create serious problems with hospital medical equipment. Patients and visitors are requested not to use cellular telephones in the hospital.

AFTER YOUR OPERATION

You are advised:

- to be accompanied home by an adult, even if you are travelling by taxi.
- not to drive a car or operate hazardous machinery until permission is given by your eye doctor.
- not to make any legal or important decisions for twenty-four hours following anaesthesia.
- not to travel alone by public transit for the remainder of the day.
- not to consume alcohol for twenty-four hours following the anaesthesia since its effects will add to those of the anaesthetic.

PATIENT CARE PLAN - RETINA SURGERY

	PRE ADMISSION	DAY OF SURGERY	
		BEFORE SURGERY	30 MINUTES AFTER SURGERY
TESTS	<ul style="list-style-type: none">• LAB TESTS AS NECESSARY• RADIOLOGY/ECG EXAMS AS NECESSARY		
CONSULTS	<ul style="list-style-type: none">• PRE-ADMISSION UNIT• ADDITIONAL CONSULTS AS NECESSARY	>	>
ACTIVITY		<ul style="list-style-type: none">• OUT OF BED	<ul style="list-style-type: none">• OUT OF BED WITH ASSISTANCE THEN INDEPENDENTLY KEEPING CORRECT POSITIONING OF HEAD
TREATMENTS			<ul style="list-style-type: none">• I.V. THERAPY DISCONTINUED• EYE DRESSING AND SHIELD• HEAD POSITIONING AS ORDERED
NUTRITION		<ul style="list-style-type: none">• NOTHING BY MOUTH AFTER YOU ARRIVE AT THE HOSPITAL	<ul style="list-style-type: none">• FLUIDS & LIGHT SNACK
MEDICATION		<ul style="list-style-type: none">• EYE DROPS AS PRESCRIBED	<ul style="list-style-type: none">• MEDICATIONS FOR PAIN AND NAUSEA AS NEEDED
TEACHING/ DISCHARGE PLANNING	<ul style="list-style-type: none">• PHYSICIAN’S OFFICE PATIENT INFORMATION BROCHURE• PRE-ADMISSION CLINIC TEACHING• DISCHARGE PLANNING	<ul style="list-style-type: none">• CLARIFICATION AND REINFORCEMENT OF PRE-ADMISSION TEACHING	<ul style="list-style-type: none">• REINFORCEMENT OF TEACHING REGARDING POST-OPERATIVE MANAGEMENT AND DISCHARGE INSTRUCTIONS• DISCHARGE WHEN ALL DISCHARGE CRITERIA MET