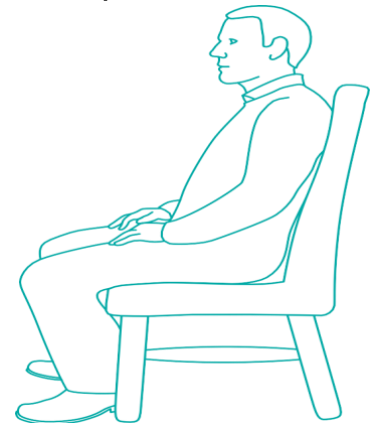
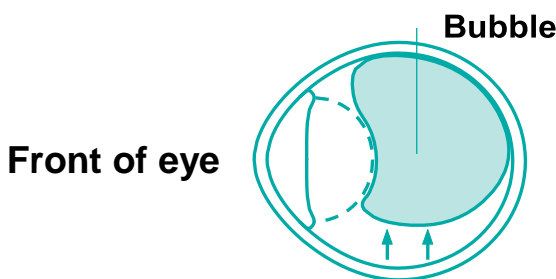


# Instructions for post-operative posturing

## Sitting upright

Posturing is used after some operations to ensure the gas bubble is positioned against the part of the retina that needs flattening.



- Your head must be positioned as shown in the diagram.
- Posture as instructed during the day with a 10-15 minute break every hour, to allow your head to be upright for toilet purposes and for meals.
- Mobility will be limited, but you can move around as much as you want to as long as you maintain your head posturing position.
- Do not lie on your back.
- **Do not fly in a plane for two weeks if you have oil or air, four weeks if you have SF6 gas, eight weeks if you have C2F6 and 12 weeks if you have C3F8 gas.**

**If you have any queries please phone:**  
020 7566 2590 for Mackellar ward (male)  
020 7566 2570 for Sedgwick ward (female)

This information can be made available in alternative formats, such as easy read or large print on request.  
Please call PALS: 020 7566 2325/2324

Authors: Sarah Wheatley, sister, surgical services, Xiang Yin, matron, surgical services, Lyndon daCruz, consultant ophthalmologist.

Revision number: 4

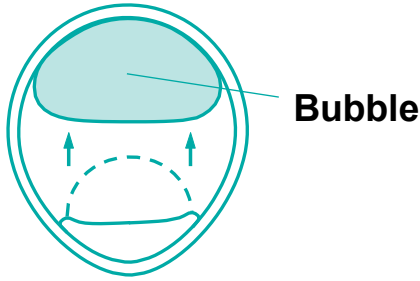
Approval date: July 2019

Review date: July 2022

## Instructions for post-operative posturing

### Face down

Posturing is used after some operations to ensure the gas bubble is positioned against the part of the retina that needs flattening.



### Front of eye

- Your head must be positioned so your face is parallel to the floor. Continue to posture as instructed by your surgeon or nurse.
- Posture as instructed during the day with a 10-15 minute break every hour, to allow your head to be upright for toilet purposes and for meals.
- Mobility will be limited, but you can move around as much as you want to as long as you maintain your posturing position.
- You might find an inflatable travel pillow and a neck massage helps with your posturing.
- Do not lie on your back.
- **Do not fly in a plane for 2 weeks if you have oil or air, 4 weeks if you have SF6 gas, 8 weeks if you have C2F6 and 12 weeks if you have C3F8 gas.**

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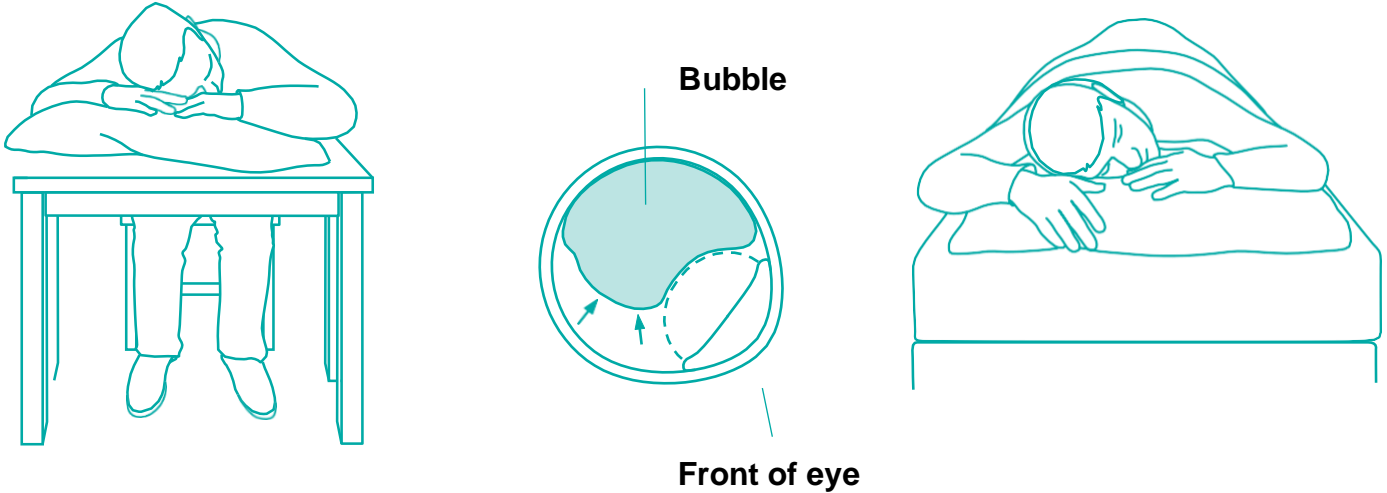




## Instructions for post-operative posturing

### Face down, right cheek to pillow

Posturing is used after some operations to ensure the gas bubble is positioned against the part of the retina that needs flattening.



- Continue to posture as instructed by your surgeon or nurse.
- Posture as instructed during the day with a 10-15 minute break every hour, to allow your head to be upright for toilet purposes and for meals.
- Mobility will be limited but you can walk about during your 10-15 minute break.
- Do not lie on your back.
- **Do not fly in a plane for 2 weeks if you have oil or air, 4 weeks if you have SF6 gas, 8 weeks if you have C2F6 and 12 weeks if you have C3F8 gas.**

### If you have any queries please phone:

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