POST-OPERATIVE

Macular hole posturing

Dr Travers Weaver · Cataract & Vitreoretinal Surgeon · FRANZCO

45 minutes face-down in every waking hour, for at least 3 days (or as advised)

- Look at the floor, not the ceiling
- Use the 15-minute break for meals and the bathroom
- Sleep face-down or on your side, not your back
- Face cradles and mirrors are available
- Wear your gas wristband until the gas has absorbed; no flying

Robina (07) 5612 5200 · Tweed Heads (07) 5612 5222

In an emergency call 000 or go to your nearest emergency department.
General information only; follow the specific instructions Dr Weaver gives you.