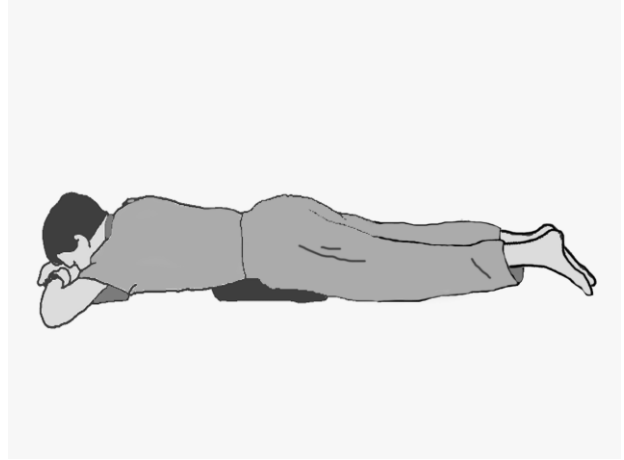
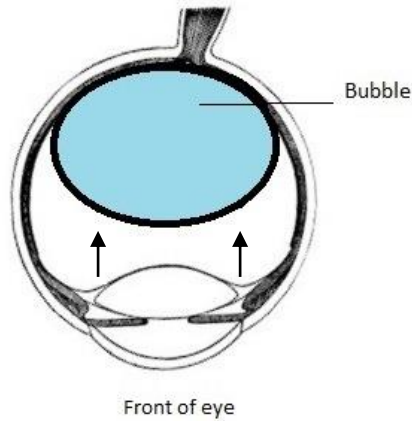


Instructions for post-operative posturing- FACE DOWN

Posturing is necessary to ensure the gas or oil bubble is positioned against the part of the retina that requires flattening.



Instructions

- Your head must be positioned so your face is parallel to the floor. Continue posturing as instructed by Dr Lee
- Posture during the day with a 10minute break every hour (excluding toilet breaks and meals)
- Never fly in a plane or ride in car at high altitudes if gas is still present
- Move around as much as you can maintaining your posturing position
- You might find a small travel pillow helps maintain position
- Do not lie on your back



Please contact Dr KL Lee if you have any questions:

Maitland Eye Centre 02 4933 5755	Singleton Eye Centre 02 6572 2522	Raymond Terrace 02 4929 5969
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