



Gloucestershire Hospitals
NHS Foundation Trust

Post-operative posturing following Vitreoretinal surgery

Posturing

During the operation to treat your retinal condition, a bubble of gas or silicone oil was put into your eye. It is important that the gas or oil bubble floats into the correct position to support the part of the retina that needs flattening. To enable this, it is essential that you posture in the following position:

Immediate Posturing

- ☐ Sitting up
- ☐ Face down
- ☐ On your right side/cheek
- ☐ On your leftside/cheek

Duration-----

2. Daytime ☐ Sitting up ☐ Face down ☐ On your right side/cheek ☐ On your leftside/chek ☐ On alternate sides/cheeks	☐ Lying on 1 pillow	For _____ days
--	--	----------------

You should **sit or lie** in this position for **25 minutes** then take a **5 minute break** to walk around or use the toilet. You can take a longer break for meals, to visit the toilet or to take a shower or bath etc. When you are not carrying out one of these essential daily activities, it is important that you continue to posture in the above position.

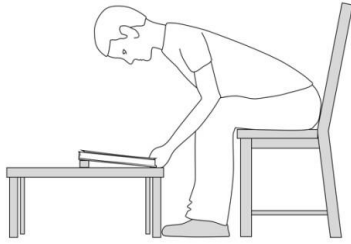
When sleeping, you should posture in the following position:

3. Bedtime ☐ On your right side/cheek ☐ On your left side/cheek ☐ On alternate sides/cheeks	☐ Lying on 1 pillow ☐ Lying on 2 pillows	For ____ nights
---	--	-----------------

Face down posturing

We recognise that posturing face down can seem difficult. You can do it as follows:

- sit on a chair in front of a low table or floor to do something such as reading



Reading a book from a low table with head in face down position

Who can I contact for more information?

Eyford Day Unit,

Cheltenham General Hospital

Tel: 0300 422 4002

Ophthalmology Urgent Triage Service

Cheltenham General Hospital

Tel: 0300 422 3578

We may not be able to answer your call. If you are unable to get through, please contact your GP or 111. Alternatively, you can go to your nearest Emergency Department.

Content reviewed: June 2026

GHP11775_06_26
Department: Ophthalmology
Review due: June 2029
www.gloshospitals.nhs.uk