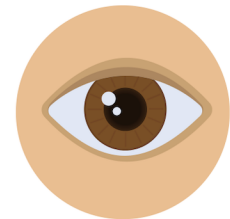


Post Gas (C3F8) Injection Advice

You have just had a gas instillation procedure that helps reattach the torn/detached retina or hole in the macula using an inert gas. The gas will remain in your eye for 2 months which will then be absorbed by your body and replaced by your eye's own fluid gradually.

It is very important that you maintain the position prescribed by your doctor for a specific length of time (usually 2-4 weeks) for healing to occur.



The three commonly prescribed positions are:

- face down
- right side tilt
- left side tilt.



Care and Management

"Face Down" Position

Below are various ways to help you maintain the position while you go about your daily activities.

- When you sleep: Please lie on your stomach with your forehead and chin forming a horizontal line. A professional 'posture pillow' will help to give you space to breathe and support your forehead well, so as not to strain your neck. Alternatively, use a rolled bath towel (secured at both ends) to support the forehead.

- At the table: In the day, you may want to posture face down while sitting on a chair with your head place on the table.



- Applying Eye Drops / Ointment.
If you need to apply eye drops/ointment, apply from the side while pulling down the lower eyelid. Do not turn your head sideways or look upwards.



- Taking Medication. If you need to take medication, crush the tablet and put in juice if they are difficult to swallow. Drink medicine and water using a straw while maintaining the face down position. However, some medications are not meant to be crushed or mixed with fruit juices. Check with your doctor, pharmacist, or nurse whether a particular medicine may be crushed or mixed with fruit juices.

- Bathing / Shampooing. You may bathe and shampoo your hair as long as you maintain the prescribed head position.

- Clothing. Wear loose, comfortable clothing (eg pajamas, bathrobes) without buttons, especially down the front of the garment, as they can cause irritations to your chest when you lie down while assuming face down position.

- When You Feel Tired. Use a pillow, rolled towel or blanket to rest your head as you maintain the prescribed head position when you feel tired.



- Leisure. You may watch television using a mirror while maintaining the head position. You may read as long as the prescribed head position is maintained.



Right-sided Tilt / Left-sided Tilt Position

Follow the same principles described in "face down position" to maintain the prescribed left/right head tilt position.

- Sleep. Place props behind your back to keep the prescribed position in place. Hugging a pillow and placing a pillow between knees make sleeping on the side more comfortable. Remember, the upper shoulder must cross the midline to maintain a consistent side tilt posture.

Things You Should Avoid

- Driving should be avoided during the healing period, as you need to maintain your head position.
- Swimming should be avoided until the doctor says it is all right to do so.
- Stay away from sandy or dusty environments, which may cause irritations or infection in the eye.
- Air travel above 3,000 ft can be dangerous to your eye filled with the inert gas. Reduced cabin pressure inside the airplane will cause the gas bubble to expand and increase pressure inside the eye, which can cause permanent blindness.



Enquiries

Should you have enquiries, please approach any of the nurses or contact us during office hours.

Emergency

Please do not hesitate to call us when you experience:

- significant pain, not relieved by medicine,
- eye pain, brow-ache
- headache
- nausea and vomiting
- deterioration of vision



After office hours, you are advised to seek treatment at the nearest Emergency Department.

Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



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