

## Your Eye Care is Our Number One Concern

At TLC Eyecare and Laser Centers, we are committed to providing premier eye care service. Our state-of-the-art diagnostic equipment allows early diagnosis of common eye problems such as cataract, glaucoma, macular degeneration, and diabetic retinopathy, often before symptoms occur. Our board-certified ophthalmologists and optometrists use the newest technologies and treatments available in the United States today, allowing us to treat eye ailments safely and effectively.

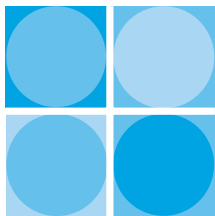
## Offering State-of-the-Art Eye Care to Our Patients

Vision is one of the most important of the five senses, and healthy eyes are necessary for good vision. Eye problems can occur at any age, but the chance for developing them increases as we age. Vision problems can affect a person's overall health, causing disability, stress, and a decreased quality of life.

Early detection of eye problems is vital for maintaining healthy eyes. Diagnosing an eye disease in its early stages minimizes its damage and greatly affects the success of treatment. Because many eye ailments have no symptoms until their advanced stages, regular and thorough eye exams with our Affiliate Network of optometrists are necessary throughout your lifetime to help maintain healthy eyes.

## We Make it Easy for You To Maintain Healthy Eyes

With several vision centers located throughout Michigan and Ohio, our patients enjoy easy access to quality eye care whenever and wherever they need it. Because TLC Eyecare and Laser Centers have doctors on call twenty-four hours a day, seven days a week, our patients have immediate access to treatment for unforeseen eye injuries and accidents.



**877.TLC.TIME (877.852.8463)**

**[www.tlceyecare.com](http://www.tlceyecare.com)**

*Locations Include:*

Adrian, Ann Arbor, Battle Creek, Bellevue, Big Rapids, Bowling Green, Bryan, Chelsea, Farmington Hills, Jackson, Kalamazoo, Lansing, Sandusky, Toledo



**TLC**  
EYECARE & LASER CENTERS

# Face Down Recovery after Retinal Surgery



**TLC**  
EYECARE & LASER CENTERS

**Take a  
Closer  
Look<sup>®</sup>**

**877.852.8463**

# Face Down Recovery after Retinal Surgery

## When is face-down recovery required?

Face-down recovery is required after retinal surgery for detached retina or a macular hole. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. The MACULA is a small area in the center of the retina that allows you to see fine details clearly. Due to aging, trauma or other eye conditions, a hole in the macula (macula hole) can form or the retina can be torn or pulled away from its normal position. A detached retina is a very serious problem that can cause severe vision loss unless it is treated. Repair of a detached retina or macular hole may require face-down recovery.

## How is a detached retina or macular hole repaired?

To repair the damaged retina, your ophthalmologist removes some of your eye's vitreous (the gel-like substance that fills the inside of your eye) and injects a bubble containing a mixture of air and gas into your eye to take its place. The bubble holds the retina in place as it re-attaches to the back of your eye. You must keep your head face down for up to several weeks after surgery so the bubble will be in the right position. With time, the bubble disappears and is replaced with your normal eye fluid. Your ophthalmologist will tell you how long you must maintain the face-down position.

## Why is maintaining a face-down position so important?

Once inside your eye, the bubble will rise to the top and float there. Since the retina lines the back of the eye, your head must be face down so the bubble floats and holds the retina in place correctly. When standing or sitting upright, the gas bubble will float incorrectly in your eye. Your retina may not heal successfully in this position and may cause further problems such as a cataract or glaucoma. Correct position is when seated or lying face down (or to a specific side, depending on your condition), the bubble will float in the correct position in your eye, putting pressure on the retina and helping it re-attach to the back of the eye.

## Must I maintain a face-down position at all times, even when walking?

Yes, unless your ophthalmologist instructs otherwise. You must maintain the face-down position at all times. This includes when you are standing, eating, walking, sitting or lying in bed. When walking, you should have someone walk with you to avoid injury. When sitting, try using a table for support to avoid neck and back discomfort. Fold your arms or palms together on the table in front of you and lay your head forward so it rests on your arms.

**When lying down**, try lying face down with your operated side hanging over your pillow (to avoid pressure). You can buy or rent special equipment designed to make your recovery period more comfortable and convenient.

**These include:** adjustable face-down chairs, tabletop face cradles, face-down pillows, face-down mirrors. The face-down chairs, cradles and pillows support your head or body so that you can read, write, sleep and eat more easily and comfortably during recovery. The face-down mirror allows you to see people and objects around you without having to turn them upside down.

You can still watch television and have face-to-face conversations. Your ophthalmologist can help you order the equipment or suggest other ways to make your recovery period more comfortable.

