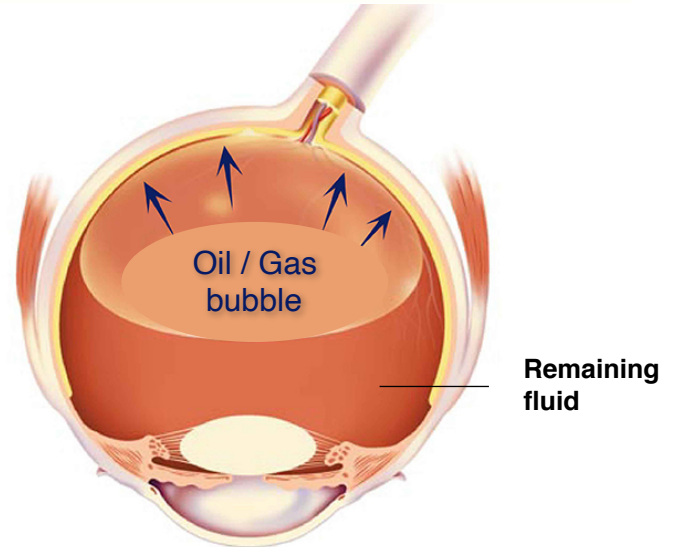
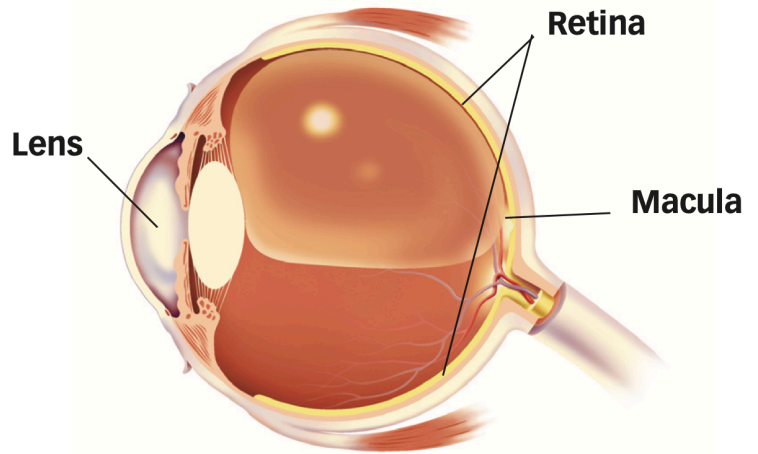
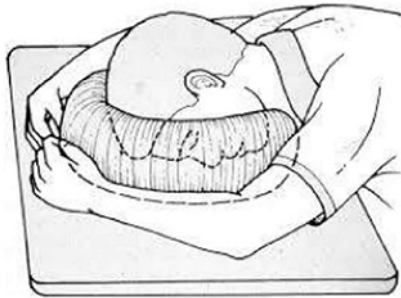


# Face - Down Recovery after Retina Surgery



## WHY ??

- The retina lines the back of the eye.
- Oil/Gas is lighter than water.
- Your head must be face down so the bubble floats and holds the retina in place correctly.
- The surgery may not work unless you maintain the correct position.



## HOW DO I MAINTAIN A COMFORTABLE FACE DOWN POSITION?

- If you are lying down, try lying face down with your operated side hanging over your pillow (to avoid pressure)
- If you are sitting, try using a table for support to avoid neck and back discomfort. Fold your arms together and rest your head on your arms