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