



TOOWOOMBA  
**RETINA & EYE**  
SPECIALISTS

## IMPORTANT INFORMATION FOR PATIENTS

### Your appointment

Waiting times: For routine appointments, you may be at the practice for a minimum of two hours to allow our staff to perform the required diagnostic tests, have your pupils dilated, and see the doctor. If you require other tests or emergency treatment, expect a longer appointment. We will try to keep appointment times to minimise inconvenience. However, due to the sometimes unexpected and urgent nature of medical work, delays may occur. If we expect a significant delay in your appointment time, we will try and keep you informed, but please feel free to talk to our staff if you have specific issues.

### What to bring

- Your referral letter
- Medicare card, pension card, DVA card, private health insurance details (as applicable)
- Your current glasses
- Contact lens case (as applicable)
- A medication and allergy summary from your GP
- Your travel forms from your local hospital (if any)

*You should not drive after your appointment, so it is important you have someone with you to drive you home, or to pick you up after your consultation.*

If you require a procedure or surgery to your eye, we will arrange this to be done within a clinically appropriate timeframe.

Allow at least two hours for your initial appointment.

### Accounts

The cost of treatment and procedures will be discussed with you by our staff. Payment is made on the day of your appointment with Medicare refunds able to be processed on your behalf. We are a "known gap" practice, so there is an out-of-pocket expense for surgery which depends on your fund and level of insurance cover. We are still able to look after you if you don't have private health insurance.

### Eye Surgery

If you require surgery, you will be asked to fast (no food or drink) 6 hours before your operation, and given instructions which medicines are safe to continue taking with a sip of water up to 2 hours before your operation.

Most retinal surgery is performed under local anaesthesia with sedation. This gives you a safe, painless procedure that allows you to be moved into the correct postoperative position as soon as possible after the end of your operation.

You will be seen after the operation to remove the dressing, and discuss post operation care. Generally you shouldn't work in the garden, swim, do vigorous exercise, wear contact lenses or drive until advised it is safe to do so. You may require 2 to 4 weeks off work to allow you to rest and for your surgery to be successful.

For retinal surgery, it is critically important to follow posturing instructions to maximise the success of your operation. If there is a gas bubble in your eye, you cannot fly or ascend to altitude rapidly or attempt any strenuous activity until the gas is completely gone, which usually takes 2 to 3 weeks.

### Injections

Although it may look alarming, it is normal after an eye injection to have a red or bloodshot eye, or even some blood in your tears. This will not cause any long term damage. The redness may take two weeks to go away, and bleeding is more common if you take aspirin or blood thinners. Sometimes severe discomfort the evening after your injection can occur due to the combination of local anaesthetic and antiseptic that is used to minimise the risk of infection.

Having an infection in your eye is an urgent condition as it can result in blindness. To reduce the risk of infection from bacteria in our mouth and nose, staff wear face masks and talking is kept to a minimum when having the injection. Infection after an injection can present as new floaters in your eye within 1-2 days after the injection, with or without pain and decreased vision. If you develop any of these symptoms contact Dr McAllister for urgent review.