



Information on Posturing

What does posturing mean?

Following your eye surgery you may be asked to keep your head and body in a particular position to assist with recovery. This is called posturing. This may be the hardest part of the recovery following your surgery but the most important.

Why do I need to posture?

You may need to posture whilst waiting for surgery and/or after you surgery. During your eye surgery it may be necessary to put gas or silicone oil into your eye to flatten the retina and to seal the holes in your retina following your operation. The gas bubble or oil floats inside the eye cavity and we will usually ask you to hold your head in a position so that the bubble or oil lies against the holes. This is an important part of the treatment and the position you hold your head in will depend on where the holes are in your retina.

You should not begin posturing until you feel recovered from the anaesthetic and not before then.

How long do I need to posture?

You will need to posture for about 7 to 10 days. While you are in hospital the nursing staff will help you with getting into the required position. You may lie on your bed or use a dedicated posturing chair (see picture). You may have a 10 minute breaks every hour. During the night we may also advise you to sleep in a particular position; nursing staff may wake you up if you are not lying in the required position.

Nursing Staff will assist you in getting into a comfortable position when using the posturing chair or bed. Ensure that your back, neck and shoulders are comfortable and ensure that your pressure points are well protected, if you have any concerns, ask the nursing staff for assistance.

By following our instructions, you will give your eye the best chance of recovery. Your co-operation matters a great deal.

Your surgeon will decide what posturing position you will need to carry out.

Some of the positions include:

- Posturing face down
- Posturing lying on side

- Posturing sitting upright
- Posturing face down, right/left cheek to pillow



Picture: Posturing Chair

Posture face down

- Your head must be positioned so your face is parallel to the floor.
- Posture as instructed during the day with a 10 min break every hour (excluding toilet purposes and for meals) and maintain your posture all night if possible.
- Don't forget to move your legs/wriggle your toes during posturing.
- Do not lie on your back.

Posture lying on side

- You will be instructed which side to lie on.
- Posture as instructed during the day with a 10 min break every hour (excluding toilet purposes and meals) and all night.
- Don't forget to move your legs/wriggle your toes during posturing.
- Do not lie on your back.

Posture sitting upright

- You will be required to sit upright supported by pillows.
- Posture as instructed during the day with a 10 min break every hour (excluding toilet purposes and meals) and all night.
- Don't forget to move your legs/wriggle your toes during posturing.
- Do not lie on your back.

Posture face down, right/left cheek on pillow

- Posture as instructed during the day with a 10 min break every hour (excluding toilet purposes and meals) and all night.
- Don't forget to move your legs/wriggle your toes during posturing.
- Do not lie on your back.

Do I need to posture when I go home?

Yes you will be required to posture at home, instructions will be given to you before you are discharged home. There is a borrowing system in place for the posturing chair pending availability and you will be informed of this before discharge home.

We hope that this information is helpful to you. If anything is unclear or if you have any other concerns or queries whilst at home please contact:

Harvey Lewis Wing or West Wing Ward Nursing staff

01 6644600
Ext: 2055/2056

Revision History

Ref No.	Version No.	Date Approved	Change	Section No.	Approved by
PIL 021	1	October 2013	New Information Leaflet	n/a	Hospital Management Group