



# DAYANAND MEDICAL COLLEGE & HOSPITAL

DMC&H  
*Capsule*

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Dear Reader,

It is a pleasure to bring out the 2025 first half issue of the DMC&H Capsule. The institution is moving forward in its mission to provide high end, compassionate and evidence based care to the patients at affordable cost. The organ transplant program of liver, kidney cornea, and bone marrow transplant is serving more and more patients. We held multiple camps in this period. The notable ones were during Kisan Mela at PAU and another one is NFL at Naya Nangal. Our faculty is excelling with research publications, service projects and being honoured with multiple awards. Our worthy Secretary Mr Bipin Gupta has inspired all of us to initiate and take forward a 'Save the Planet' program, under which more than 10,000 plants were planted by our faculty and students and we awarded those who excelled in this social cause. We realise the value of healthy environment in reducing various diseases and for this reason our institution wants to take a lead. We have been able to include just a few of the activities that happened in the six months, since virtually every day some important health day is being celebrated and our faculty is visiting other institutions to share their knowledge. DMC&H Managing Society has very kindly initiated a 'Scholarship Program' for bright students getting into MBBS, Nursing and Paramedical courses. This will be the first of its kind by any private institution with scholarships of more than six crore rupees every year. Please do spare time to go through these activities and give us your feedback as to how we can improve this newsletter and move forward with the shared vision of all of us, to be a centre of excellence for research, education and patient care.

**Dr Gurpreet S Wander**  
Principal

## A Tribute to Visionary Leader Sh Prem Nath Gupta, Former Secretary

The doctors, staff, and patients of DMC&H paid heartfelt homage to Sh. Prem Nath Gupta, former Secretary of the DMC&H Managing Society, who served DMC&H from 1979 to 2002 and dedicated his life to its growth.

His visionary leadership, tireless dedication, and unwavering commitment left an indelible mark on the institution and continue to inspire generations. He conceptualised many initiatives for development & growth of DMC&H during his tenure.



28.12.1924 – 8.1.2009

## Cadaver Organ Donation and First-In-House Multi Organ Transplant

DMC&H has emerged as a leading centre in the region for promoting the noble cause of organ donation, working in close collaboration with SOTTO (State Organ and Tissue Transplant Organization) to ensure ethical and timely allocation of organs. Each successful donation not only brings renewed hope to recipients and their families but also honors the selfless legacy of the donors and their courageous families.

We have successfully retrieved multiple organs (Liver, Kidneys, Pancreas & Corneas) from 5 cadaveric organ donors. These donations have provided a second chance of life to numerous patients suffering from end-stage organ failure and highlight the hospital's robust infrastructure, skilled transplant coordination team and ongoing awareness initiatives.

The successful coordination and execution of this noble endeavor were made possible through the dedicated efforts of the critical care team under the leadership of Dr P.L. Gautam, Professor and Head of Critical Care Medicine. All the liver transplants were skillfully performed by the liver transplant team, led by Dr Gursagar Singh Sahota, Chief Liver Transplant Surgeon. The Departments of Urology and Ophthalmology also played a crucial role, contributing their expertise to ensure the success of the overall process. This collaborative effort reflects the strength of multidisciplinary teamwork at DMC&H in advancing organ donation and transplantation.



**FIRST TIME IN HISTORY OF DMC&H, AN ORGAN (LIVER) WAS BROUGHT THROUGH GREEN CORRIDOR AND SUCCESSFULLY TRANSPLANTED AT DMC&H IN THE MONTH OF FEBRUARY**



# Events & Conferences (January to June, 2025)

## DMC&H Endoscopy Vidyalaya

The Department of Gastroenterology, in collaboration with the Society of Gastrointestinal Endoscopy of India (SGEI) successfully organized the first-ever DMCH-SGEI Endoscopy Vidyalaya for DM Residents from various academic institutes nationwide at Ludhiana, marking a significant step in advancing endoscopic education. Hosted under the able guidance of Dr. Ajit Sood (Patron), Dr. Varun Mehta (Organizing Chairman), Dr. Omesh Goyal (Organizing Secretary) and the executive committee of Dr. Ramit, Dr. Yogesh, Dr. Arshdeep and Dr. Monika, the event brought together budding gastroenterologists from across the country for a high-impact hands-on learning experience. A series of focused lectures on core endoscopic topics were complemented by live demonstrations and hands-on workshops carried out with support of our skilled endoscopy staff and DM Residents fostering in-depth discussions and critical thinking. This first-of-its-kind academic event in DMC&H marks a promising beginning for structured, resident-led endoscopy education on a national scale—setting a benchmark for future programs across India.



## CME on Glaucoma

Dayanand Medical College & Hospital, in collaboration with the Ludhiana Ophthalmological Society under the auspices of the Punjab Ophthalmological Society hosted a CME on 'Glaucoma Simplified: Preserving Sight Under Pressure'. Over 125 ophthalmologists participated in this insightful session led by Dr. Gurvinder Kaur, Professor & Head, Department of Ophthalmology. The Joint Organizing Secretary, Dr. Pallavi Singh, Vitreo Retina and Uvea Specialist, played a key role in coordinating the event.



## Sensitization Workshop under ICMR Project

DMC&H in collaboration with Guru Angad Dev Veterinary and Sciences University (GADVASU), conducted a sensitization workshop under ICMR project titled 'Building a Surveillance Model for Detecting Zoonotic Spillover in Increased Animal-Human Interaction Setting Using a One Health Approach', for local slaughterhouse workers to educate them about the risks of zoonotic diseases. Dr. Veenu Gupta, Principal Investigator of the project said that zoonotic infections are diseases that can be transmitted from animals to humans, and slaughterhouse workers are particularly at risk due to their close interaction with animals and animal products.



## Central Animal House Visit by DMC&H Management

The Central Animal House at DMC&H is the only one of its kind in Punjab State. It supports research and training by providing animals as per regulatory guidelines with the principles of 3Rs (Reduce, Replace and Recycle) to help the institute to carry out high-quality research. Sh. Mukesh Verma, Treasurer, DMC&H Managing Society recently visited the Animal House at DMC College Campus along with Dr. Sandeep Kaushal, Dean Academics and Dr. Shalini Arora, Professor of Pharmacology. They inspected the facilities and appreciated the work being done by the animal house team. They also interacted with the staff and encouraged them to continue maintaining high standards.



## 'New You' Training for Ward Boys & Nursing Staff

A soft skills training session was conducted for the Nursing Staff & Ward Boys of Emergency Department with an aim to enhance their communication, empathy, teamwork, and interpersonal skills. This engaging session was led by Ms. Gauri Chhabra, Process Consultant at DMC&H, along with her team. To keep the session interactive and enjoyable, key messages and lessons were delivered through role-plays, real-life scenarios, and games.



## Gym Renovated at New PG Hostel

To promote health and fitness among students, a state-of-the-art renovated gym was inaugurated at the new PG Hostel of DMC&H. The gym was inaugurated by Sh. Bipin Gupta, Secretary, DMC&H Managing Society along with Sh. Mukesh Verma, Treasurer, DMC&H Managing Society and Principal Dr. G.S. Wander. Hostel Warden Dr. Ramneesh Garg was also present at the event. All the dignitaries enthusiastically participated in a trial run of the newly installed equipment, encouraging students to make the most of this facility to maintain a healthy and active lifestyle. DMC&H is always committed to provide best education and health facilities to their students.





# Events & Conferences (January to June, 2025)

## North Zone Ortho Conference held

The Department of Orthopaedics organized a three-day conference NZOACON 2025, the 43rd Annual Conference of the North Zone Orthopaedic Association. The cadaveric workshop during this conference was organised by Department of Anatomy. The conference was attended by 170 faculty and 400 delegates from across the world.

Dr. Rajnish Garg, Organizing Chairperson and Prof. & Head of Orthopaedics, shared that the three-day conference aimed to provide a comprehensive learning experience through specialized workshops, including Foot & Ankle Surgery, Advanced Knee Arthroscopy, Advanced Knee Techniques, Robotic Total Knee Replacement (TKR), Spine Surgery, Pelvi-Acetabulum Surgery, Primary Hip Arthroplasty and Pediatric Orthopaedics.



## Molecular Genetics Conference (MGCON2025)

The Department of Molecular Genetics, DMC&H, Ludhiana hosted the Molecular Genetics Conference (MGCON2025) with the theme of 'Advancement in Technology, Testing, and Therapeutic Approaches.'

The conference was spearheaded by Dr. Barjinderjit K. Dhillon, Senior Biotechnologist and Dr. Renu Moti Pandita, Biotechnologist, with coordination by Dr. Mohit Sharma, Associate Biotechnologist, Dr. Sumit Sharma, Biotechnologist and Dr. Suvir Singh, Associate Professor & Head, Department of Clinical Hematology. The event was inaugurated by Sh. Bipin Gupta, Sh. Mukesh Verma and Dr. G.S. Wander.



## Corneal Transplant Service Commenced

Corneal Transplant services have officially resumed at DMC&H after a year-long hiatus with the persistent efforts of DMC&H Management.

Dr. Gurvinder Kaur, Professor and Head, Ophthalmology, successfully performed two corneal transplant surgeries utilizing eyes donated by a patient from our hospital. We extend our deepest gratitude to the donor's family for their remarkable generosity and invaluable contribution to this noble cause.



## Bariatric Surgery performed on 220 kg obese patient

DMC&H doctors have successfully performed a life-changing bariatric surgery on a patient weighing 220 kg. The laparoscopic mini-gastric bypass surgery was performed by a team led by Dr. Prabhdeep Singh Nain and Dr. Ashish Ahuja, Professors, Surgery. Using state-of-the-art techniques and a multidisciplinary approach, the team addressed the severe obesity and associated health complications of the patient.

Sh. Bipin Gupta said that we are proud to offer cutting-edge solutions to tackle complex cases, giving patients renewed hope and an improved quality of life.



## Mega Health Camps conducted

### Health Screening Camp at Kisan Mela, PAU

DMC&H in collaboration with Punjab Agricultural University, organized a two-day health screening drive under the 'Mission Swasth Kavach' initiative at the Kisan Mela, PAU, Ludhiana. During this camp, 1500 patients benefited.



### Medical Camp at NFL Hospital, Nangal

DMC&H, in collaboration with National Fertilizers Limited (NFL) Nangal, organized a mega free medical camp at NFL Hospital, Naya Nangal. Over 2300 patients availed the benefits of the camp.





# Achievements & Accolades

## Students' Achievements

### Awards at National Conference



Three students Mr. Sidakbir Paul, MBBS (Batch 2022), Ms. Darpan Kaur and Ms. Apoorva, M.Phil, Clinical Psychology participated in annual conference of the WINCARS (Women in Cardiology and Related Sciences) held at Delhi. Mr. Sidakbir Paul, won the Best Research Paper Award under the Prajwalka Scholarship Scheme for his study "Acute Coronary Syndrome in

Women: Age and Menstrual Cycle Based Profile" and bagged a cash prize of ₹75,000 with a certificate. Ms. Darpan Kaur and Ms. Apoorva Goel, also won the Best Research Paper Awards for their research studies.

### Achievements at Cultural Fest 'Euphoria 2025'



Undergraduate medical students excelled at 'EUPHORIA 2025,' held at Government Medical College, Chandigarh. Their remarkable achievements in both cultural and sports events brought great pride to our institution.

### Awards in Sports at 'Resonance 2025'



MBBS students participated at 'Resonance 2025' held at Sri Guru Ram Das University of Health Sciences, Amritsar. Mr. Dhananjay (Batch 2021), Head and Captain, bagged gold in men's doubles and silver in singles in badminton. Mr. Paras Changotra (Batch 2022) secured gold medals in men's singles and doubles, along with a silver in mixed doubles in badminton. Ms. Chaahat Taank (Batch 2023) clinched gold in women's singles and silver in mixed doubles in badminton. Mr. Risheek Goel (Batch 2021) bagged a silver medal in chess.

## Faculty's Exemplary Achievements

### State Award in Health Care Excellence



Dr. Ashima Taneja, Prof. and Head Department Obstetrics and Gynaecology, received the prestigious State Award from the Governor of Punjab on Republic Day for her outstanding contributions to women's healthcare.

### Dr. Avaraham Shotan Award



Dr. Shibba Takkar Chhabra, Prof, Dept. of Cardiology, has been honored with the Dr. Avaraham Shotan Award for Best Electronic Poster and Abstract for her remarkable research titled 'Cardiac Ailments in Pregnancy' at Vienna.

### International Committee membership Awarded



Dr. Omesh Goyal, Professor of Gastroenterology, was honored to represent India on the esteemed Rome Partners Education Committee, Rome Foundation, USA. This prestigious nine-member committee comprises a distinguished panel of global gastroenterology experts from the USA, Europe, and Asia.

### ACS NSQIP International Scholar award



Dr. Ashvind Bawa, Professor, Department of Surgery, has been awarded the prestigious ACS NSQIP International Scholar for 2025 by the American College of Surgeons, along with a grant of \$10,000 USD.

### ISCCM Young Researcher Award



Dr. Amandeep Kaur, Associate Prof. Critical Care Medicine was awarded ISCCM Young Researcher Award for her research paper presented at CRITICARE 2025, Kerala.

### Distinguished Ophthal Professors of India Award



Dr. Gurvinder Kaur, Prof., & Head, Ophthalmology, has been honored with the 'Distinguished Ophthal Professors of India' award at the 8th Annual National Assembly of the Forum of Ophthal Teachers of India at PGI, Chandigarh.



# Academic Activities

- Faculty members from Department of Critical Care Medicine participated in Annual National Conference of ISCCM held in Kochi. **Dr PL Gutam**, Prof. & Head, served as the National Coordinator for the Haemodynamic Monitoring Workshop. **Dr Gunchan Paul**, Prof. delivered a lecture on 'Maternal Cardiac Arrest: How I Do It'. **Dr Rubina Khullar**, Associate Prof., delivered a lecture on 'Acute Ischaemic Stroke: Practice Changing Papers' and **Dr Shruti Sharma**, Associate Prof. presented two research papers.
- **Dr Hitant Vohra**, Prof. & Head Anatomy delivered guest lecture titled – 'The Lost Skills– Teaching Clinical Anatomy: Preparing the next generation of Diagnosticians' at INZSOA at Desh Bhagat University, Mandi Gobindgarh.
- **Dr Hem Lata**, Professor, Physiology, delivered a talk on 'Mental Health and Life Style changes' during National conference at Adesh Institute of Medical Sciences & Research, Bathinda.
- **Dr Veenu Gupta** Prof. & Head Microbiology delivered a talk on 'Infected Health Care Workers' & presented a paper on 'Trends of Device Associated Infection in ICU's at HISICON, SGP GIMS Lucknow.
- **Dr Anu Sharma** Professor, Anatomy delivered a lecture on 'Osteological Analysis in Forensic Cases: Differentiating Human and Non-Human Bones' during the Mid-year National CME of Punjab Academy of Forensic Medicine and Toxicology' at Ambala.
- **Dr Suman Puri**, Prof. & Unit Head, Obstetrics & Gynaecology delivered a talk on 'Poor Ovarian Reserve in IVF' at FERTICON, Chandigarh.
- **Dr. Omesh Goyal**, Prof. Dept. of Gastroenterology presented a research paper entitled 'The Spectrum of Overlap of Functional Gastrointestinal Disorders and their impact on Quality of Life,' which was selected among the top 5% of the abstracts and received an e-Travel Grant Award at the Asian Neuro-Gastroenterology Conference in Korea.
- **Dr Monika Singla**, Prof. Dept. of Neurology, delivered a talk on 'Air Pollution and Stroke - A Rising Health Crisis' at Annual Conference of the Indian Stroke Association, held at Lucknow.
- **Dr Amandeep Kaur**, presented a oral research presentation at ESAIC 2025 (European Society of Anaesthesia and Intensive Care Medicine) at Portugal.
- **Dr Nandita Maini Jindal**, Assistant Prof., Biochemistry presented a scientific poster on 'National newborn screening programme in India: A critical need' at the IFCC-EFLM EuroMedLab Congress of Clinical Chemistry and Lab. Medicine In Brussels, Belgium.
- **Dr Amarjot Singh Gill**, Dept. of Physiotherapy delivered a talk on 'Reviewing Recovery: Maximizing Neuroplasticity through Rehabilitation' at Annual Conference of the Indian Federation of Neurorehabilitation (IFNRCON 2025) at CMC Ludhiana.
- **Dr Hitant Vohra**, Prof. & Head, Dept. of Anatomy has been elected as Executive Member, Society of Clinical Anatomists.
- **Dr. Harpal Singh Selhi**, Professor & Unit Head, Orthopedic, has been elected as President of Punjab Orthopedic Association.
- **Dr Sarit Sharma**, Prof. Dept. of Community Medicine has been elected as the Governing Council member of the Indian Association of Preventive and Social Medicine (IAPSM).
- **Dr Suman Puri**, Prof. and Unit Head Obstetrics & Gynaecology was nominated as the Senior Vice President of the Punjab Chapter of Indian Society for Assisted Reproduction (ISAR).
- **Dr Gunchan Paul**, Prof., Critical Care Medicine has been appointed as Secretary of the Indian Society of Critical Care Medicine-Obstetric Wing.

## Guest Lectures held



A guest lecture titled "**Catching Blindness Before It Begins: Strengthening Paediatric Eye Services in a Tertiary Hospital**" was conducted by **Dr. Suma Ganesh**, Director of Paediatric Ophthalmology, Dr. Shroff's Eye Hospital, Delhi.



A symposium on "**Gynaeco-logical Malignancies**" was conducted by **Dr Amita Suneja**, Visiting Professor, ICOG, and Former Principal, UCMS, Delhi.

## MAYO Team's visit at DMC&H

A distinguished team from the world-renowned Mayo Clinic, USA visited DMC&H. This visit marked a significant step towards fostering academic collaboration, knowledge exchange, and exploring avenues for research and innovations in patient care. The Mayo Clinic delegation including Mr. Maneesh Goyal & Mr. Eric L Harnisch was warmly welcomed by Sh. Bipin Gupta along with Dr G.S. Wander and other medical administrators. During their visit, the team toured various departments of the institution, including the advanced medical and surgical facilities, research department, and specialty care units.



## Books Launched

- **Dr Anu Sharma** and **Dr Ajay Kumar**, Professors, Dept. of Anatomy, have published a book titled 'Mastering AETCOM' A comprehensive book by Elsevier publications.
- A Kindle edition book on 'General Embryology Quick Review' has been published by - **Dr Sonia Singh** (Prof.), **Dr Hitant Vohra** (HOD), **Dr Seema Gupta** (Prof.), **Dr Meenakshi Aggarwal** (Prof.) from Dept. of Anatomy.



## Recently Joined Faculty Members



**Dr Sumati Verma**  
Assistant Professor  
Pediatrics



**Dr Sangam Papneja**  
Associate Consultant  
Liver Transplant



**Dr Purnendu Bhardwaj**  
Assistant Professor  
Pediatrics Surgery

## Nutrition and Diet App Launched

Department of Dietetics, DMC&H launched the Nutrition and diet app to streamline and enhance nutrition care for all indoor patients. This app enables dietitians to provide real time nutrition guidance directly from their devices, for better nutrition care.



## New Initiatives

### Punjab's First Intrauterine Blood Transfusion performed

DMC&H performed the state's first intrauterine blood transfusion on a 34-year-old pregnant woman whose fetus was diagnosed with severe anemia through advanced imaging and doppler ultrasound studies. A multidisciplinary team including Dr. Sushant Babbar Interventional Radiologist, Dr. Ashima Taneja Professor & Head Department of Obstetrics & Gynaecology, Dr. Kamal Arora Professor Department of Pediatrics and The Department of Transfusion Medicine, executed this life-saving procedure.



### CONSTELLATION Vision System for Vitreo-retinal surgeries

The Department of Ophthalmology, proudly inaugurated the state-of-the-art CONSTELLATION Vision System, a cutting-edge platform designed for advanced vitreo-retinal surgeries. With the addition of this ultra-modern equipment, DMC&H has become one of the very few centers in the region to offer advanced and comprehensive retinal care with sutureless 25G and 27G vitrectomies.



### Launch of Two New Clinics

Department of Pediatrics, DMC&H has launched two new clinics to support children's health and development. The 'Kawasaki Disease Clinic', held every second Saturday from June, focuses on early diagnosis and treatment of Kawasaki Disease to prevent serious heart complications. Starting August, the Parenting Gurukul Clinic operates Wednesday to Saturday afternoons, offering parents guidance on raising emotionally healthy and well-behaved children. Both clinics are led by Dr. Puneet A Pooni, Professor & Head Pediatrics. For appointments, contact 98151 01183 or email [peditrics@dmch.edu](mailto:peditrics@dmch.edu).



### Project 'ROSHANI' launched to Combat Childhood Blindness

Department of Ophthalmology and Community Medicine, DMC&H in collaboration with SEVA Canada and Dr. Shroff's Charity Eye Hospital, Delhi launched Project 'ROSHANI' a paediatric ophthalmology initiative aimed at eradicating preventable childhood blindness across Punjab. Dr. Priyanka Arora, Project Head & Professor Department of Ophthalmology, DMC&H shared that ROSHANI is an initiative by DMC&H dedicated to preventing childhood blindness by ensuring early detection, treatment, and awareness of paediatric eye conditions, especially in underserved rural areas.



### Upgradation of Neonatal Intensive Care Unit (NICU) with Advanced Equipment

DMC&H, Ludhiana has enhanced its neonatal and pediatric services through advanced and specialized clinical programs. These initiatives include the installation of state-of-the-art equipment such as Portable Otoacoustic Emissions (OAE) for newborn hearing screening, Giraffe Hybrid Incubator and Radiant Warmer, Amplitude EEG for newborns with asphyxia



and seizures, a servo-controlled therapeutic hypothermia system at Neonatal Intensive Care Unit (NICU).



DMC&H Managing Society, Ludhiana has announced a scholarship programme worth over 6 crores for the MBBS, Nursing and Para-Medical students for the academic year 2025-26 to promote and nurture inclusive and merit-based medical education in Punjab. This first-of-a-kind initiative by a private medical institution in the state aims to make medical education more accessible to those who are deserving but without the necessary means.

For more details visit our website: [www.dmch.edu](http://www.dmch.edu)



# Environment Conservation Campaign

## Save the Planet Initiative : Phase I

Under the leadership of Sh. Bipin Gupta, Secretary, the institution observed World Environment Day on 5th June by launching 'Save the Planet' campaign. The DMC&H family pledged to plant 10,000 trees over a period of one month.

A key milestone of this initiative was the launch of Koshdhara Forest, developed using the innovative Miyawaki forest model. It was inspired from the ECO Sikh NGO. This step represents a bold stride toward creating dense, self-sustaining green zones and combating environmental degradation. The institution collectively planted around 36,000 trees after the launch of the campaign, with active participation from faculty members, student clubs, alumni members and staff in plantation drives held at various locations including industrial zones, public parks, cremation grounds, and the DMC&H College of Nursing Campus at Malakpur.

Looking ahead, Phase II of the campaign aims not only to plant 1 lakh trees in the upcoming months but also to integrate composting and zero waste practices within hospital and community settings. DMC&H ensures that **The Green Revolution continues...**





## *Surya Namaskar: Harmony of breath and body*



### International Yoga Day

As part of the nationwide observance of International Day of Yoga 2025, DMC&H organized a special community session titled 'Yoga Sangam'. The week long celebrations were held across multiple locations, including the DMC&H College Campus, Dumra Auditorium at the Hospital Campus, and DMC&H College of Nursing, Malakpur. These sessions were conducted by Dr Sanjeev Singh Rawat, Senior Yoga Consultant. DMC&H is dedicated to bringing the benefits of yoga to the wider community.



"Stethoscopes hear more secrets than best friends"

### Executive Team-DMC&H Capsule

Dr G S Wander (Chairperson), Dr Sandeep Kaushal  
Dr Omesh Goyal (Secretary), Dr Gautam Biswas  
Dr Gurdeep Singh Dhooria, Dr Rama Gupta  
Dr Monika Singla, Dr Gunchan Paul, Dr Ashvind Bawa  
Dr Pankaj Kumar and Mr Gurjeet Singh  
Editor: Ms Deepak Sharma and Mr Umesh Gautam

## Expert Q&A Guide to Vitreoretinal Surgical Practice

Dr. Pallavi Singh, Vitreo Retina and Uvea Specialist, DMC&H

### What is vitreoretinal surgery and what are its common indications?

Vitreoretinal surgery is specialised ophthalmic surgery performed to treat diseases involving vitreous body and retina. The purpose of vitreoretinal surgery is to restore, preserve and improve vision for a wide range of conditions. Common indications are rhegmatogenous retinal detachment, diabetic retinopathy complications including tractional retinal detachment and vitreous hemorrhage, macular hole, epiretinal membrane, intraocular foreign body and endophthalmitis.

### What are the common techniques used in vitreoretinal surgery?

Vitrectomy is the most common surgical approach. It involves removing the vitreous gel to access the retina and treat various conditions. Pneumatic Retinopexy: Injecting a gas bubble to close retinal breaks in certain types of retinal detachments. Scleral Buckling: A technique where a silicone band is placed around the eye to help reattach a detached retina.

### Is the surgery painful and how long does recovery take?

The surgery is usually not painful as it's done under local or general anesthesia. Post-operative discomfort is typically mild and manageable with medication. Visual recovery depends on the condition being treated but typically takes several weeks. Full healing may take a few months.

With the introduction of 25G and 27G instrumentation, vitrectomies are now sutureless and have faster recovery.

### What are the post-operative care instructions after retina surgery?

Post-surgery care varies depending on the procedure but generally includes: **Positioning:** For procedures like macular hole repair, patients may need to maintain a face-down position to facilitate healing. **Eye protection:** Wearing an eye shield or patch for protection. **Medications:** Administering antibiotics, anti-inflammatory drugs, and corticosteroids as prescribed to prevent infection and reduce inflammation. **Follow-up visits:** Frequent follow-up visits to monitor healing, check for complications like retinal re-detachment, and assess visual recovery.

### How does the success rate of retina surgery vary?

Success rates depend on the type of surgery and the underlying condition: **Retinal detachment surgery:** Success rates are typically around 85-90% in cases of recent detachment, but this can be lower in cases with multiple breaks or complex detachments with chronicity and giant retinal tears. **Macular hole surgery:** Success rates are about 80-90% for closure, but final visual outcomes depend on the size of the hole and pre-existing macular damage. **Diabetic retinopathy surgery:** Outcomes depend on the stage of disease, macular perfusion and the presence of other comorbidities like cataracts or glaucoma.

### When does a diabetic retinopathy patient require surgical intervention?

Diabetic retinopathy is the leading cause of blindness in the world and can lead to vitreous hemorrhage, retinal detachment, and macular edema. Vitrectomy is often performed to remove blood from the vitreous cavity and clear the visual axis. Membrane peeling is done to remove vasoproliferative tissue (epiretinal membranes) that can distort vision and cause tractional retinal detachment. Laser photocoagulation is used to treat diabetic macular edema or prevent further retinopathy progression intraoperatively.

### Helpline Numbers

DMC&H : 0161-4688800, 4687700 (60 lines)  
HDHI : 0161-2304282 to 87  
DMC&H Cancer Care Centre : 0161-4051111  
Ambulance : 98155-55101  
Fax : 0161-2302620  
Website : [www.dmch.edu](http://www.dmch.edu)

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