

Post-operative advice for eyelid surgery

Information for patients

This leaflet is intended to offer information and advice to patients who have recently undergone eyelid surgery.

At the end of your operation you will have had a firm dressing placed over your eye. This helps to prevent swelling and bruising. You will also have a dressing covering the area from which the graft has been taken.

When can I remove the eye pad?

Most of our patients leave hospital with an eye pad over the operated eye. Please do not remove the pad until the following day, unless your doctor has advised otherwise.

Will my eye be painful?

You may feel some pain or discomfort after the local anaesthetic wears off. Please take your usual painkiller, e.g. paracetamol or ibuprofen, to relieve any pain or discomfort.

After care advice

- The pad can be removed the day after you leave hospital.
- The area around the wound can be cleaned with cooled boiled water. **It is important to wash your hands before bathing your eye or using drops or ointments, to prevent infection.**
- Swelling and bruising around the wound is expected after surgery; this can be relieved by applying icepacks and will usually subside in a few days.
- If eye drops have been prescribed, apply them three to four times daily. If ointment has been prescribed, apply it at night.
- The wound must be kept dry until the stitches have been removed. Your stitches will be dissolvable but they can take up to five weeks to dissolve so we usually remove them earlier, for your comfort.
- You may wear your glasses after surgery, but you should not wear contact lenses for the first week.
- Eye makeup may be gently applied after all stitches have been removed, and can be gently removed with a mild cleansing cream.
- Please avoid strenuous activity and take it easy for the first few days after surgery.

Resuming normal activities

- **Driving** - You are advised not to drive while your eye is padded and until after you come back for your post-operative appointment. You do not have to notify the DVLA.
 - **Swimming** - You should not go swimming until your stitches have been removed.
 - **Sports** - It will be at least two weeks until you can resume your sporting activities, and only after your doctor has advised you that it is safe to do so.
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- **Work / school** - you will be advised about going back to work when you see the doctor in the clinic.


Follow up appointment

An appointment will be arranged for you in the clinic, within one to two weeks of your surgery. You will receive an appointment letter in the post.

Possible complications / When should I seek medical advice?

If there is any bleeding from the wound apply firm pressure for five minutes.

If the bleeding continues or you have any other concerns please phone the hospital switchboard on:

 **0845 155 1000**

and ask for the Day Ward (or out of hours, ask for Accident and Emergency).

You should also contact the hospital for advice if you experience any of the following:

- Vision disturbance or loss of vision
 - Discharge from the wound
 - Increased swelling or redness in the area
 - Pain that is not relieved by your usual painkillers
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For further information

For further advice or information during working hours please call the following numbers:

Rapid Eye Clinic
(8.30am – 4.00pm)

☎ 01622 226202 or
☎ 01622 226228

Eye Day Care
(8.30am – 4.30pm)

☎ 01622 226238 or
☎ 01622 226224

NHS Direct
NHS Direct online

☎ 0845 46 47
www.nhsdirect.nhs.uk

British Association of Aesthetic Plastic Surgeons

☎ 0207 405 2234
www.baaps.org.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this for you.

Patient Advice and Liaison Service (PALS)

If you would like to comment on Trust services, have concerns or need information, you can contact the Patient Advice and Liaison Service (PALS). PALS will listen to your views and using a wide range of contacts and resources, help find ways of resolving any queries or difficulties. The PALS Team can be contacted at Maidstone or Kent and Sussex Hospitals, Monday to Friday 10.00am to 4.00pm.

Telephone: Maidstone Hospital
Kent & Sussex and Pembury Hospitals

☎ 01622 224960
☎ 01892 632953

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