



 **0845 155 1000**

Ptosis

Information for patients about your pre-assessment visit, on the day of surgery and for any follow up appointments related to this operation.

Ear, Eye & Mouth Unit
Maidstone Hospital
Hermitage Lane
Maidstone
Kent ME 16 9QQ

Pembury Hospital
Tonbridge Road
Pembury
Tunbridge Wells
Kent TN2 4QJ

What is Ptosis Surgery?

Ptosis surgery is an operation to lift one or both of your upper lids.

This surgery is performed under local anaesthetic and often some sedation is given during the procedure.

What are the risks and benefits?

There are risks in any type of surgery, in this case the main risks are:

- Bruising and swelling can be expected. These may last for several weeks.
- Infection is possible; you should carefully follow the instructions given in this leaflet to reduce the risk of getting a wound infection.
- Bleeding is also possible.

Ptosis surgery is generally successful with 80% of lids being in an ideal position after the operation.

Attending the Pre-assessment clinic

You will be asked to attend a pre-assessment clinic prior to your operation date. At this appointment you will be assessed by a senior nurse, to ensure you are fit enough for surgery. You will have an opportunity to discuss the operation with the nurse who will be happy to discuss any concerns you may have.

You will be given a date for your operation following your pre-assessment visit.

Please bring:

- A urine sample
- Any medication you are taking

Please allow approximately one hour for your visit.

Your Reminders:

Please use this page to note down any questions you may wish to ask.

Advice given at pre-assessment clinic



On the day of surgery

Report to Eye Day Care.

Information about eating, drinking and taking your medication before your operation will be discussed at your pre assessment visit.

- Please bring your medication into hospital with you on the day of surgery.
- Please do not wear makeup or nail varnish
- You will be asked to remove all jewellery except your wedding ring and / or any cultural or religious items. This is important before going to theatre.
- You should wear comfortable clothing into hospital.

About your operation

Prior to surgery your surgeon will visit you and you will be asked to sign a consent form.

- You should discuss any concerns you may have at this time.
 - Your surgeon may ask your permission to take a photograph of you.
 - You will need to be able to lie moderately flat (lying on up to two pillows). If you need a pillow under yours knees or back this will be arranged.
 - You will have one of the theatre staff holding your hand. If you feel any discomfort, squeeze the hand you are holding and the surgeon can stop and rectify the problem.
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At the end of the operation you will have firm pads placed over your eye(s). This helps to prevent swelling and bruising.

If both eyes are covered you may need to stay over night. This will be assessed at your pre assessment visit.

- You will be able to rest and have something to eat and drink once you are back on the ward.

On discharge you will be given

- Drops and ointment to put into your eye(s) (not on to the lid). Washing your hands first, this is important to prevent infection.
 - Gel pads to use when the dressings have been removed.
 - An outpatient appointment to have your stitches removed.
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Instructions for you at home

- It is helpful if you can sleep / rest in a semi upright position rather than lying flat for the first few days.
- You will be advised when to take the dressings off, this is usually the next morning.
- You may need to bath your eyes once the dressings are removed. Use cooled boiled water and clean gauze, it is important to be gentle and not to touch the stitches.

Always remember to wash your hands first.

- You should use the medication as prescribed. Do not put ointment onto the stitches or rub the lids they should be kept dry.
 - Skin incisions generally heal well although some swelling and bruising may remain for a few weeks after the operation.
 - Please put the gel pads in the fridge to keep them cold. These help to keep your eyes comfortable and to minimise the bruising and swelling. You will be given instructions on how to use them.
 - Avoid strenuous exercise and driving for a week.
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What should I look out for after I go home?

If you have any vision disturbances or loss of vision you should contact the hospital.

You should also contact the hospital for advice if you have any signs of infection in the wound. These are:

- discharge from the wound
- increased swelling or redness in the area.

Your medication

The following eye drops/tablets have been prescribed for you to use at home:

After your operation

Right Eye / Left Eye

Eye Drops/ Tablets	Breakfast	Morning coffee	Midday Meal	Afternoon tea	Evening Meal

Remember to wash your hands before using any eye drops or ointment.

If you have any problems please contact

Maidstone Hospital ☎ 01622 226228
8.30am - 7pm

Pembury Hospital ☎ 01892 633877
8.30am - 5pm

Outside these hours, for all enquiries phone
Maidstone Hospital ☎ 0845 155 1000

**Please keep this booklet and bring it with you to
all your hospital appointments.**

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 Officers can be contacted at Maidstone or Kent and Sussex Hospitals where the offices are situated in the main entrance, Monday to Thursday 9.00am to 5.00pm, Friday 9.00am to 4.30pm.

Telephone: Maidstone Hospital 01622 224960
Kent & Sussex and Pembury Hospitals 01892 632953

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