

General Anaesthetic or Sedation for Oculoplastic Procedures

Information for patients

Preparing for surgery

As you are having sedation or a general anaesthetic, you may need an overnight stay. Please bring an overnight bag with you.

It is advisable that someone is able to drive you home when you are discharged. If you require transport, please let staff know as soon as possible.

If you are taking any blood thinning medication (aspirin/clopidogrel/warfarin etc), please follow the advice given in clinic (summarised below):

For morning operations:

You should have nothing to eat or drink after midnight the night before your operation. You can take your regular medicines with small sips of water, unless you have been advised otherwise in clinic.

For afternoon operations:

You should have a light breakfast at 7am, then nothing else to eat or drink.

On the day of surgery

Please report to Eye Day Care (1st floor, above Eye Clinic) at the time stated on your letter. Please expect to be with us for at least 3-4 hours, as you may not be first on the operating list. Unfortunately, there is not enough space on Day Care for friends/relatives to wait with you.

- As you will be asked to remove all jewellery except your wedding ring and cultural/religious items before going to theatre, we suggest you leave other valuable items at home
- Please bring your medication with you
- Please do not wear make-up or nail varnish, and wear comfortable loose-fitting clothes

Prior to your operation, your surgeon will see you and you will be asked to sign a consent form. You can raise any questions or concerns at this time.

Your surgeon may also ask your permission to take a photograph of you.

About your operation

If you are having a general anaesthetic, you will be asleep during the operation. If you are having sedation, you will be drowsy but not completely asleep. The level of drowsiness will depend on the amount of sedation you are given, and this will be discussed with you before the surgery.

At the end of the operation, you will have a firm dressing placed over your eye. This helps to prevent swelling and bruising.

You will be taken to the recovery area and, once you are more awake, transferred back to one of the wards. Here, you will be given something to eat and drink.

Depending on your recovery from the anaesthetic, you will be allowed to go home later the same day, or the following morning.

After your operation

The area treated may be sore after the operation. Normally paracetamol should be sufficient to control pain.

It is helpful if you can sleep in a semi-upright position, for the first couple of days, and avoid strenuous exercise for a few days.

You may need to bathe your eyes once the dressing is 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.**

Slight bleeding after the operation may stain the dressing but requires no action. However, if you notice fresh bleeding coming through, place another dressing on top and apply firm pressure for 15 minutes. If bleeding persists despite this, seek advice from the Eye department or your GP. If out of hours contact your local Emergency Department.

If the wound becomes painful, red or inflamed several days after the initial discomfort has ceased, infection may be present and you should contact the Eye department or see your GP or Practice Nurse.


If you have any concerns about care of your wound, your Practice Nurse should be able to help. Otherwise, please contact the Ophthalmology department.

You will be given a time and date for your follow up appointment within a few days of the operation.

Please use this space to write any notes or questions you may have



Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.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 Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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