

Information for patients

Eyelid Surgery - Post-operative care

If you have an eye-pad

Depending upon the type of operation you have had, your eye may have been padded closed. If this is the case, the doctors and hospital staff will tell you how and when the pad is to be removed.

If you are asked to remove a pad at home it is useful to have someone around to help you.

Whoever removes the pad should wash and clean their hands first. It is then just a matter of gently peeling the tape holding the eye-pad on, away from your face. Take your time and don't pull too hard or fast – it may be a bit uncomfortable.

Once the pad is removed you can gently bathe and clean the eye and eyelid with cotton wool or clean tissue using a mixture of cooled boiled water with a little sodium bicarbonate or salt [1 teaspoon of either dissolved in 1 cup of cooled boiled water].

You can also use a similar mixture to clean the eyelids at other times (mornings) if this is required.

After the operation

It is normal for your eyelid(s) to be swollen, bruised and uncomfortable for a week or two after your surgery – like having a “black eye”. Some bleeding or oozing is also not uncommon within the first few days. Use a clean piece of kitchen towel if necessary to control any bleeding and clean the eyelids if needed with cooled boiled water and bicarbonate / salt (see above).

In most cases, healing will be complete in about 3-6 weeks.

It is advisable to avoid bending, lifting, straining, or strenuous exertion for 1-2 weeks whilst your eyelid is healing. You should also avoid dirty environments and rubbing your eyes / eyelids.

It is very important that you ensure that you continue using any regular eye-drops that you are prescribed e.g. for glaucoma or ocular hypertension, and that you take your other regular medications normally unless specifically instructed otherwise.

You may drive provided your vision permits and go about your other customary activities including reading and watching television etc.

Ointments / Cold compresses and Ice packs

You will usually be prescribed an antibiotic ointment to apply to the stitches twice daily for 2 weeks. You may also be asked to apply the ointment to your eye. The doctors and hospital staff will explain how to use the ointment. The ointment is important to keep the wounds / eye clean and moist. If you should run out, contact your General Practitioner to obtain some more.

Swelling is very common in the first 24 - 48 hours after your operation. As pain is often related to swelling, reducing the swelling reduces the discomfort. It is advisable therefore to carefully apply cold compresses over the stitches / eyelid. We suggest that you try to do this for 15 minutes in every hour on the day of surgery and four times on the day following surgery. Suitable cold compresses include; ice packs or bags of frozen peas / sweetcorn, wrapped in a damp facecloth.

If you suffer any discomfort, take a pain reliever such as paracetamol every 6 hours. Please try to avoid aspirin, unless of course it forms part of your regular prescribed daily medication.

Advice / Help

If you have any problems or concerns you should contact Mr Shuttleworth's secretary (01792 391122), the Sancta Maria (01792-479040) or alternatively your General Practitioner.