

PATIENT INFORMATION

Eyelid Care After Surgery

Methods to reduce swelling and bruising**1. Eyepad**

When you leave the operating theatre, you may have an eye pad over each eye. Please do not remove the eye pad before the time instructed by the surgeon.

2. Sitting up

For the first few days after surgery, sit up as much as possible during the day and try and sleep with your head propped up on 2 to 3 pillows.

3. Ice packs/Cool eye pads

You can begin ice pack treatment as soon as your eye pad has been removed (if you did not have an eye pad- you can start this treatment immediately).

- Wrap a small bag of frozen peas (or similar) in a clean tea towel.
- Sitting upright, place some clean gauze over the eyelids and then apply the ice pack.
- Keep the ice pack in place for 15-30 minutes of every hour during the day.
- Continue this for 3 days after surgery.
- You can buy specially designed masks from chemists if you prefer.

How to clean your eyelids after surgery

- Please wash your hands before attempting to clean your lids.
- You should clean your lids as soon as the eye pad has been removed.
- Either use sterile gauze squares and saline solution (bought from a chemist) or make up the following solution: *dissolve one teaspoon of salt in half a pint of freshly boiled water*. This homemade solution will need to be left to cool before use and made fresh before each use.
- Soak the gauze in the saline and place on the eyelids to remove superficial debris.
- Dab the eyelids, moving the gauze horizontally across the eyelid and avoiding the eye.
- Clean the eyelashes from their base to the tip.
- After the first clean (after eye pad removal), continue to clean the eyelids twice a day for 1 week and then once a day for the second week.

Sutures

- If *absorbable sutures* have been used, they may not require removal.
- Sometimes, the doctor will remove *absorbable sutures* anytime between 7-21 days after surgery.
- If *permanent* or *non-absorbable sutures* are used, these are removed between 4-10 days after surgery.

N.B If a stitch breaks and the wound opens, or there is bleeding, discharge or excessive pain, or your vision blurs, please contact your doctor.

Other Instructions

- You can normally restart all your regular medications the day after your surgery (unless otherwise advised by your doctor).
- Please do not take aspirin or ibuprofen for pain relief for at least 7 days after surgery.
- You can take paracetamol or codeine-based tablets for mild discomfort or ache.
- Avoid homeopathic medicines which promote fast healing
- Do not apply makeup for the first 10 days after surgery.
- Bruising takes between 10-21 days to disappear and first drops into the cheeks and even the neck.
- Light camouflage creams containing a green colour applied on the cheeks hides bruising.
- You may fly from 3 days after your surgery.

How to put in your eye drops

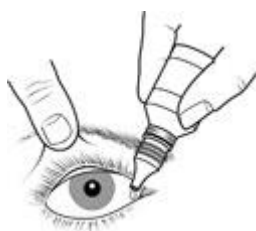
Before putting in your eye drops please wash your hand.

At all times, try and avoid touching the eye with the tip of the eye drop bottle.

For patients who have had upper eyelid surgery: Gently pull down your lower lid and look up, then instil the drop into the gap between the lower lid and the eye.



For patients that have had lower eyelid surgery: Gently pull the upper lid up and look down, then instil the drop onto the eye taking great care not to put any pressure on the eyelid with your fingers.



How to put in your eye ointment

Ointment can be put over the wound or in the eye at night time.
If the ointment is prescribed for the eye, please refer to the drops section above.

For wound application:

- Please wash your hands before use
- Squeeze some ointment on to a clean cotton tip
- Dab the ointment over the wound
- Do not rub in aggressively
- If you have more than one wound, please use a new cotton tip for each application

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.