

Advice after oculoplastic surgery to the eyelids or face (page 1 of 2)

Discomfort

You may be given painkillers to take home and these should be taken regularly at first. Otherwise, if you experience any discomfort, mild painkillers such as paracetamol may be taken. Please follow the instructions on the packet.

How to care for your eye wound

Always wash your hands well before putting in drops, ointment or touching the eye wound.

If you have been given drops or ointment to use following your surgery you should use these as instructed by the nurse. Discard any drops left in the bottle/ointment at the end of the prescribed course of treatment.

If you have been sent home with a dressing in place do not remove it until you have been told to do so or until you return to the eye clinic.

You should bathe the wound gently from the day of surgery using cool boiled water and a cotton wool pad unless told otherwise.

How your eye may feel

The eye may feel gritty for a short while or be slightly blurred following surgery. It may look bruised, red or bloodshot but this should settle in a few days.

However, if you have severe pain, deterioration in vision, increased redness, flashing lights or your eye becomes unduly sticky please contact the hospital for advice.

Follow up (to be completed by the nurse)

Specific information

- do not rub hard or press on your eye
- do not drive until advised to do so by the medical team
- you may wash your hair and face normally
- you may bend and do normal activities but avoid excessive exercise for the first week.

Day Surgery Unit
01722 336262 ext 4550



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Additional instructions for patients following eyelid surgery (ptosis and blepharoplasty)

To reduce bruising and swelling we advise you to apply ice packs to the operated area for 15 minutes every 2 hours (waking hours only) for 48 hours. You can buy ice-packs or use ice cubes in a plastic bag or a bag of frozen peas.

Sleep propped up with an extra pillow for the first 2 nights after surgery.

Further advice

If you require any further advice please contact:

Day Surgery Unit 01722 336262 ext 4550 between 7:30am and 7pm

Eye Clinic 01722 336262 ext 5366/5377

After 7pm contact A&E 01722 336262 ext 4163, your GP or NHS 111.