

Caring for your eyelid after surgery

Ophthalmology Department

Information for Patients

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Introduction

After having any operation around your eyelid, there are some steps you can take to get the best results and prevent any problems. This leaflet will tell you what to expect after surgery, how to help your wound heal, and some things to avoid.

What can I expect with the wound after surgery?

After surgery most people have swelling and bruising (a black eye) for at least 2 weeks, but this can take up to 2 months to settle in some cases.

There may be a little oozing or bleeding from the wound in the first few hours, which should stop by itself. If bleeding continues or increases, contact the Oculoplastics Team or Eye Casualty Department at Leicester Royal Infirmary, or the on call GP.

As the local anaesthetic wears off, your eyelid will feel tight.

Pain after the operation is usually mild. If you have pain, take mild painkillers such as paracetamol. You may feel occasional sharp pain or itching of the wound; this is normal during healing.

The area around the wound may feel numb for several weeks or months.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Antibiotic ointment is usually prescribed after surgery. This should be applied to the wound with clean fingers twice a day, usually for 14 days. This will help the wound to heal and prevent an infection.

The stitches used are usually dissolvable and will disappear over several weeks, but they can be removed sooner if they are causing irritation.

If non-dissolvable stitches are used we will take them out at your clinic appointment.

Healing is a slow process and your scar will remain pink/ brown for up to 6 months, after which it will slowly fade.

What advice should I follow to help my wound heal?

Do:

- If an eye pad has been applied, it will be taped firmly to your eyelid and the eye should remain closed under the pad to feel comfortable. This pad may need to stay on for a few hours, until the next day or even up to a week. It will depend on the instructions you are given after your operation.

Peel the eye pad off gently, when you are told to remove it.

- If the wound gets crusty, clean it with cooled boiled water, using cotton wool pads. Do not use soap.

Pat dry, then put on a layer of the ointment given to you.

- Use an ice pack to help reduce swelling and bruising if needed. You can create an ice pack with a small bag of frozen peas wrapped in a clean cloth, or ice cubes in a plastic bag wrapped in a clean cloth.

Apply this to the wound for 10 minutes, 4 times per day, for 2 to 3 days.

Do not:

- Do not remove the dressing until told to do so.
- Do not get the dressing wet.
- Do not do any strenuous exercise, bending or heavy lifting for a few days after surgery as this can cause bleeding.
- You may shower but avoid getting soap or shampoo on your wound. Always dab dry afterwards and apply a layer of ointment.
- Do not rub your eyelid or the area of the wound for 2 weeks as the stitches are very fine and may break.

Contact details

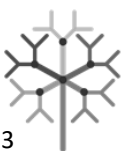
If you have any questions please contact the Oculoplastic Team on
0116 204 7971 - Monday to Friday, 8am to 5pm.

Or contact the Eye Casualty Department at Leicester Royal Infirmary on
0116 258 6273.

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