

# POST OPERATIVE INSTRUCTIONS FOR LID SURGERY

## Immediately following surgery

You may still have a little oozing or bleeding from the site of surgery over the first few hours, which should resolve by itself. Following surgery, Ms Khandwala prefers to apply a firm pressure dressing to the surgical site overnight, typically secured with micropore tape. She believes that the great reduction in swelling / bruising achieved with this technique is worth the temporary inconvenience that padding causes. Should you wish not to have your eye padded shut following surgery, please discuss this with Ms Khandwala prior to surgery. In patients undergoing surgery on both left and right eyelids, both eyelids are typically padded closed, one for around an hour after surgery and the other until the following morning. If the patch becomes loose, apply more tape. Do not remove the patch. While the patch is on, do not get it wet.

As the local anaesthetic wears off, you will experience tightness of the eyelids. Pain after surgery is typically minimal; however, if you experience significant discomfort please take mild pain relief as required (e.g. paracetamol). Paracetamol taken regularly works better than when taken occasionally.

After surgery, you will experience some swelling/ bruising for one to two weeks. Typically the swelling is at its worst after about 48 hours, so please do not be alarmed if bruising worsens the day after surgery; this is normal and in rare cases the discolouration spreads down your face from your cheeks to your chin. If so, it will soon fade.

Avoid bending or heavy lifting for a few days after surgery as this can precipitate bleeding. Strenuous exercise is to be avoided for 2 weeks after the operation.

You will be given your post operative appointment, usually in 1-2 weeks, before you leave the hospital.

## Longer term post operative instructions

If you can take oral Arnica then this is recommended, if you were on Aspirin (or similar blood thinning agents) before your operation you can restart it two days after the operation.

Cool packs applied to the wound are very helpful at reducing the swelling and bruising. If you wish to, apply a cool pack (cold flannel / frozen peas wrapped in flannel / ice cubes in plastic bag wrapped in flannel) to the area for 3 minutes, three times per day for the first two to five days.

Sleep with two to three pillows in order to keep the head elevated – this will help to reduce swelling / bruising. Do this for the first 2-3 days and upto a week if possible.

Antibiotic ointment should be applied to the wound and into the eye, twice a day, which prevents scab formation and may reduce the risk of infection. Wash hands thoroughly prior to applying ointment.

If crusting occurs, you may clean the wound with warm boiled water using cotton wool or cotton buds to remove crusts and pat dry. Do not use soap. Then apply a layer of antibiotic ointment.

You may shower and wash your hair, but try and avoid getting soap/ water on the wounds. If they do get wet, dab them dry afterwards and apply ointment. Showering from the neck down or a bath, maybe easier.

Stitches / sutures typically need to be removed, although in certain cases dissolvable stitches will be used. If stitches are to be removed, these are typically removed seven to ten days following surgery at your follow-up appointment.

Following blepharoplasty eyelid swelling and bruising varies from person to person. Bruising will disappear after 2 weeks. Sub-clinical swelling might persevere up to 3-4 weeks. For lower lid blepharoplasty it takes up to 3-6 months to see the actual cosmetic outcome. However, in most cases the outcome is very clear within the first 3 weeks.

Once all dressings have been permanently removed, it is advisable to regularly massage your scar with bland moisturiser e.g. Nivea, E45, Vitamin E. Do this gently but firmly for about 5 minutes twice a day. This can help with improving the ultimate

appearance. Healing is a gradual process and the scars may remain pink for up to three months, after which time they may become pale. The area around the wound may be numb for several weeks or even months.

With a lower lid blepharoplasty, there will be an ongoing upper cheek swelling and numbness which can last for several weeks in 3-5% of patients. In lid tightening procedures, lower lid tightness and rarely retraction with a watery looking eye (conjunctival chemosis) can be experienced in a small number of cases. This can be treated with steroid eye drops, but will settle with time.

## **FREQUENTLY ASKED QUESTIONS**

### ***When can I resume exercise?***

Two weeks after surgery

### ***When can I wear make up?***

Two weeks after surgery

### ***When can I wear my contact lenses?***

Two weeks after surgery, after stopping the drops and ointment.

### ***How long will I need to take off work?***

Usually 1-2 weeks for most jobs. Unless you work in a particularly dusty or muddy environment

### ***How soon can I fly after surgery?***

We recommend you do not fly abroad for 3-4 weeks after surgery

For urgent assistance after discharge, please call the following numbers depending on which hospital you were operated at.

1. If you were operated on at Spire Alexandra Hospital- 01634 662843
2. If you were operated on at KIMS Hospital- 01622 237545
3. If you were operated on at Nuffield, Tunbridge Wells Hospital- 01892 531111 ext 3369

If you have a routine query after the operation please contact Ms Khandwala's secretary on 01622 238324 or email on [myeyesurgeon.co.uk@gmail.com](mailto:myeyesurgeon.co.uk@gmail.com)