

## Department of Ophthalmology Instructions Following Eyelid Surgery

Type of operation:.....

Date of operation:.....

Hospital Number:.....

- The nurse will give you a follow-up appointment.
- Please ask the nurse about when you may return to work and drive again.
- After your operation, you will need to rest.
- You may take a mild painkiller eg paracetamol if you experience any discomfort. Do not take products containing Ibuprofen, or Aspirin, in the first 48 hours as these may increase the risk of bleeding and bruising.
- After your operation, your eyelids will be swollen, particularly for the first few days.
- The use of ice packs is recommended. Wrap a small pack of frozen peas in a clean tea towel and place over your eyelid for 5 minutes, 3-6 times per day for 2 days.
- If you are discharged home with a pad over your eye, please leave it in position until .....
- Use the eye drops/ointment as instructed.
- If you were on Aspirin before the operation (which is normally stopped 2 weeks before the operation), you can restart this the day after your operation.
- Do not rub your eye, or wear eye make-up for 2 weeks.
- Do not bend forward or lift heavy objects for 2 days.
- We recommend that you sleep with 2 or 3 pillows for the first 2-3 nights, this will help to minimise bruising and swelling around the operation site.
- Following your operation, if you have excessive pain, loss of vision, increasing redness of your eye or discharge, please ring:-

### **Eye Emergency 01603 287787**

Monday to Friday 08:30 to 17:30

Saturday 08:30 to 1700

Sunday 08:30 to 12:30

**At all other times, please ring 01603 286286 and ask the switchboard to contact the OPHTHALMIC (EYE) DOCTOR ON CALL.**

If you need to contact us after your operation, please have the date and type of operation at hand, along with your hospital number. This is written on the top of this form.

If you develop a problem more than 6 weeks after your operation, please contact your GP.

