

EYELID SURGERY (BLEPHAROPLASTY)

INSTRUCTIONS FOLLOWING SURGERY

- **please read this booklet and follow the instructions post operatively!**
- **Do not take any Nurofen or medication containing ibuprofen 2 weeks prior to the surgery**

To purchase prior to surgery for dressings:

- Normal Saline 0.9%-250ml
- Cotton buds (1 packet)
- Gauze squares – packet of 100, 7.5 cm x 5 cm approx.
- Normal saline drops (for eyes)
- Lacrilube or other eye lubricant

IMMEDIATELY AFTER SURGERY

- After three days commence daily with gentle cleansing of the eyes with Normal Saline, cotton gauze and apply antibiotic ointment Chloromycetin with cotton buds to the eye, twice a day for 7 days.
- Shower as normal after 24 hours.
- Rest quietly in bed after surgery, with head straight and elevated at 45° on two pillows, as this reduces pressure that may cause bleeding.
- Do not sleep on either side for 2 weeks.
- Vision can be blurred due to ointment in the eyes, swelling and bruising.
- Stay in the company of a responsible adult.
- Commence on a light diet as anaesthetics can make you feel nauseous.
- You may have some tape on your eyes to reduce swelling - leave this intact until you have been seen by Dr Pincock.

SWELLING & BRUISING

- Rest with ice compresses (damp 4" x 4" gauze pads dipped in iced water) on eyelids for the first 48 hours and intermittently for 1 week.
- Ice compresses are one of the most important aspects of your immediate post-operative nursing care.
- When bending, bend at knees only, not with head down.
- Obvious bruises and swelling subside in 2-3 weeks. Some swelling persists longer.
- If bruising or redness persist longer than 2 weeks, make-up can usually cover this until it subsides totally.
- Excessive bruising and swelling is rare but can occur. This will always subside.
- Do not lie face down for one month.

PAIN & MEDICATIONS

- Pain relief will be prescribed by the Anaesthetist after surgery.
- For pain, take medication prescribed by anaesthetist one to two tablets every three to four hours, (not more than 8 per day).
- Do not make any legal decisions while under the influence of medications or after your anaesthetic.
- Do not take Aspirin or any medication containing Aspirin or Vitamin E for at least two weeks after surgery as it can increase bleeding.
- Pain relief is **NOT** to be taken on an empty stomach as this may cause nausea which could lead to vomiting.
- When tape is removed from your eyes, gently cleanse eyes twice daily or more if required with normal saline using gauzes. Always wipe from inner eye to outer – one wipe per gauze.
- Apply Chloromycetin ointment to the stitches twice a day for 7 days.
- Eye drops may be prescribed by the doctor, for redness or irritation of the eyes although this is not always necessary.
- Eyes may be dry which can cause watery eyes, this can be treated with tears plus eye drops.
- Eyes will generally feel dry for 1 week post-operatively.
- Sutures are removed 7 days after surgery.
- Avoid prolonged reading/TV watching.
- No make-up on eyes for 10 days.
- Avoid getting sunburnt
- Use sunglasses whenever outside.
- Intermittent blurring of vision and other minor discomfort may occur during the first month. This will also subside.
- Do not use contact lenses for 3 weeks.

EXERCISE

- Activity is increased gradually as tolerated.
- No heavy or vigorous exercise for 4 – 6 weeks, Walking is permitted.
- Call the office in case of pain in one or both eyes.
- Please call the office for routine questions and to schedule follow-up visits.

SMOKING

- **Smokers should stop smoking at least 4 weeks before surgery. The use of Nicotine chewing gum and Nicotine patches is strictly forbidden as a replacement.**
- **Smoking irritates nasal passages and causes coughing which might bring on a bleed several days after your operation. It is also a contraindication with General Anaesthesia. Smoking also slows healing due to a decreased blood supply to the operated area.**