

Day Surgery Unit

Advice following eyelid procedure

- If you're discharged with a dressing pad on your eye, you cannot drive until it's removed.
- Keep the dressing pad on until the time you're advised to remove it by the nursing staff. Don't worry if there's some blood on the eye pad.
- **If your surgery involved stitches**, keep it dry and avoid rubbing or pulling on your wound to prevent it from wound dehiscence. You may have dissolvable or non-dissolvable stitches. The nurse practitioner will advise if they need to be removed at your follow-up clinic appointment.
- **If your surgery did not require stitches**, keep the wound clean and dry and allow it to be. If it gets sticky, use cooled boiled water and cotton balls to gently wipe the stickiness away.
- **To clean your face**, gently use a damp flannel (avoiding the post-operative wound) and pat dry. You may have a bath or shower from the neck down. Avoid washing your hair for a few days. When you do wash your hair, make sure that the water flows backwards and not over your face.
- As the local anaesthetic wears off, your eye may become painful or sore. If this happens, you may need to take a painkiller, e.g., paracetamol.
- There may be some bruising or swelling around the eyelids. This will gradually improve after about 7 to 10 days without treatment.
- You're advised not to return to work on the day of your treatment, but you may resume the following day if you feel up to it.
- Apply the medication as prescribed following the instructions below.



Patient Information

Eye ointment instructions

Read the label carefully. It'll tell you which eye to use the ointment on and how often to use it.

How to apply your eye ointment

- Wash your hands. Remove the screw cap.
- Tilt your head back slightly, gently pull down your lower eyelid and look up.
- Hold the tube above your eye. Look away from the tube without moving your head.
- Squeeze out a ¼ to ½ inch strip into the space between the lower lid and your eye.
- Close the eyelid for 10 to 20 seconds. Move your eyeball from side to side. Remove any extra ointment with a clean tissue.
- Your vision may be blurred, so do not drive or use machinery until it becomes clear.
- Replace cap. Wash your hands.

Further advice

- Avoid touching the eye with the nozzle of the tube.
- Store the ointment in a cool place.
- Discard after four weeks.
- Do not keep the old tube to re-use.
Keep out of the reach of children.
- Remove any excess ointment before applying new ointment with cool boiled water.
- Avoid swimming and/or water sports, makeup and contact lenses.
- Avoid circumstances and activities that could contaminate the surgical wound, such as gardening or DIY, for at least 3 weeks.

If there are other activities you wish to discuss, please speak to the nurse practitioner or nursing staff.

Patient Information

The nurse practitioner will advise you if you need a follow-up appointment. You'll receive communication about this by mail. If it doesn't arrive in the schedule specified, please telephone the Oculoplastic Nurse Specialist on 024 7696 6533 or 024 7696 6506.

If you have any concerns following your eyelid procedure, do not hesitate to contact:

Oculoplastic Nurse Specialist: Tel - 024 7696 6533

Any weekday except Wednesday, 9am to 5pm

Oculoplastic Medical Secretary: Tel - 024 7696 6506

Any weekday except Wednesday, 9am to 5pm

Eye Emergency Referral Service (EERS): refer to Emergency Eye Appointments New Booking System on the last page.

General Accident and Emergency: 24 hours. 024 7696 6200

Contact Day Surgery Unit: 024 7696 6861

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 6861 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Document History

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We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Emergency Eye Appointments: New Booking System

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit www.uhcw.nhs.uk and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.

**This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays)
9am - 12pm (Saturday).**

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.