

The Eye Unit / Department of Ophthalmology

Discharge advice following Oculoplastic procedures

Banda Label

Eye pad information

Important: If you are discharged with an eye pad on **you should not drive.**

Please leave your eye pad on for.....hours/days

When you remove your pad you may need to bathe your eyelids:

Wash your hands. Remove the eye dressing; dip a cotton wool ball into cool, previously boiled water and squeeze to remove the excess solution. Wipe the eyelids gently from the bridge of the nose outwards. Discard after each wipe. Repeat until the eyelids appear clean.

There may be some bruising and swelling around the eyelids, this will gradually improve over the next 7 to 10 days.

Pain

As the local anaesthetic wears off you may feel some discomfort. Take



Patient Information

pain relief when required, such as paracetamol, ibuprofen, or your usual pain relief medication.

Treatment

If you have been given antibiotic ointment or drops, instil these as prescribed. The ointment may also be smeared on the wound area using clean hands.

Important: Bathe lids/wound with cool boiled water to remove any old ointment before applying fresh ointment.

Here is a chart to advise you on the times to instil your treatment

Medication	Morning	Lunch time	Tea time	Night	Duration

Antibiotic tablets

You may have been prescribed antibiotic tablets, take the course as instructed.

Wound

If the procedure you have had involved a cut to your skin, you may have stitches and these will be removed at your clinic appointment. Also, any cut in the skin may leave a scar, which should fade with time.

Patient Information

Follow up appointment

In.....weeks at.....Hospital

Your follow up clinic appointment will be posted to you. If you have not received it within one week please contact your consultant's secretary.

Work

You are advised not to return to work on the day of your treatment. Depending on the procedure you have had and your occupation, you may be able to return to work the following day if you are feeling up to it.

Sedation

If you have had sedation you must have someone to take you home. You should not operate machinery or make any important decisions in the first 24 hours. It is advisable to have someone at home, over-night for the first night if possible.

Things to avoid for up to two weeks or until the stitches have been removed

- Swimming
- Contact sports
- Gardening

If you have any queries or concerns please contact us.

Some useful numbers

Ophthalmic Day Unit

024 7696 5923

Monday – Friday 7.30am – 5.30pm

Ward 32

024 7696 5238

Clinic 9

024 7696 6606

Monday to Friday 8.30am - 5.00pm

Pre-op Assessment

024 7696 6531

Patient Information

Mr Ahluwalia's secretary 024 7696 6506

Miss Dean's secretary 024 7696 6505

Mr Kumar's secretary 024 7696 6497

Mrs Mehta's secretary 024 7696 6508

Sr. Andria Johnson 024 7696 6533

Eye Casualty (Clinic 9) 024 7696 6627

Monday to Thursday

8.30am - 4.30pm

Friday 8.30am – 4.00pm

Saturday 8.30am – 12midday

Outside these opening times, if you have a problem, please attend the Accident and Emergency Department at University Hospitals Coventry and Warwickshire (UHCW).

You will be given a discharge letter to take to your GP. If you are unable to deliver it please let us know.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6533 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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