

## 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 slowly improve over the next 7 to 10 days.

### Pain

As the local anaesthetic wears off you may feel some discomfort. Take pain relief when required, such as paracetamol, ibuprofen, or your usual pain relief medication.



## Patient Information

### 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.

Please use the ointment as instructed in the discharge advice (ignore the instruction to stop the ointment after 1 week as that's the standard information that comes with the 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

DSU Ward (Amber Pathway – Male Area) 024 7696 6861

DSU Ward (Amber Pathway- Female Area) 024 7696 6868

Ward 10 (Green Pathway) 024 7696 5110

## Patient Information

**Clinic 9** 024 7696 6606  
Monday to Friday 8.30am - 5.00pm

**Pre-op Assessment** 024 7696 6531

**Mr Ahluwalia's secretary** 024 7696 6506

**Mrs Mehta's secretary** 024 7696 6508

**Sr. Hazel Mercado** 024 7696 6533

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.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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## **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 [uhcw.nhs.uk](http://uhcw.nhs.uk) and search Eye Emergency Referral Service the section How to Access our Services will take you to a link to book a telephone consultation.**

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) and 9am - 12pm (Saturday).**

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

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