

Aftercare advice following eyelid surgery

This leaflet gives you advice and information following eyelid surgery. If you do not understand something or if you have any other questions or concerns, please ask one of the ward staff who will be pleased to help you.

After surgery

- You will probably have an eye-pad applied to the affected eye. You should keep it on until the following morning or until instructed.
- You will probably experience bruising and swelling. You can reduce this by applying ice packs.
- If you experience discomfort, take Paracetamol, following dosage instructions on the packet. Do not take aspirin, as this may cause severe bleeding.
- You may be given eye drops and/or ointment. Use them regularly as instructed.
- It is best to keep the area dry for approximately 48 hours. If you need to bathe the area after that time, you should use cooled boiled water and cosmetic pads.
- You should avoid strenuous exercise and heavy lifting for two weeks; and avoid swimming for one month.
- You will be given a follow-up appointment to see the doctor in clinic. This is for a check-up. Any stitches are usually removed 5-14 days after your operation.
- If you experience severe pain or bleeding or a discharge from the wound, attend Eye Casualty as soon as possible.

Contacting us

If you have a minor eye problem, please seek advice from your GP, optician or pharmacist. If urgent, please attend Eye Casualty or call 111.

Eye Casualty (Reading):	Mon-Fri 9am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day.
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 9am to 5pm; Sat 9am-12.30pm; Closed Sun & bank holidays.

Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)
Eye Day Unit (PCEU Windsor)	01753 636496 Mon-Fri 7am to 6pm)

Outside of Eye Casualty hours, you should telephone your GP's out of hours' service, ring NHS 111 or if you have serious concerns, visit your nearest Emergency Department (A&E).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Ophthalmology, February 2023.

Next review due: February 2025