

## Following chalazion surgery

Rest quietly indoors during the evening of the day of your surgery.

When the local anaesthetic wears off you will feel some discomfort or irritation in your eye – this is unavoidable.

Simple pain relief such as paracetamol or ibuprofen should help with the discomfort – follow instructions as per your pharmacist.

There will be bruising around the eye; this does not affect the outcome and should settle down over the following weeks.

Note that a small amount of bloody discharge from the wounds, or blood-stained tears, are normal.

### Post-surgery eye drop guidelines

Use the eye drops listed below in the following order, only for the **eye that had the surgery**:

- **Chlorsig**: 4 times/day for 2 weeks (antibiotic drop)
- **Maxidex**: 4 times/day for 2 weeks (anti-inflammatory drop)
- **Chlorsig ointment**: in the eye at night for 3 days

Use **one drop only** from each bottle **4 times a day** in the operative eye.

Suggested times are: Breakfast and Lunch and Dinner and Bedtime.

Please wait at least two minutes between each drop.

It is easier to instil drops when looking in the mirror – tilt your head back and gently pull down the skin in front of your eye.

Continue to use your usual eye drops (glaucoma etc) as directed by your doctor – start a fresh bottle after the operation.

Store the drops in a cool place. The door of the fridge is suitable.

### Dos and don'ts – post surgery

#### Dos:

- Sleep with three pillows for the first three nights
- Ice packs held over the eye will help reduce swelling – use every hour for 15 minutes the day after surgery
- Wash your hands before using your drops or cleaning your eye
- If you need to clean your eye use a clean tissue moistened with cooled boiled water. Gently clean the eye by wiping from inner eye to outer eye. Wipe once and throw the tissue away. Repeat if necessary.
- Use all eye drops as directed
- Shower or bathe but do not allow tap water on the wounds for the first few days
- Avoid heavy lifting or strenuous exercise for one week

#### Don'ts:

- Do not pick at the wound or scabs
- Don't forget to use the eye drops
- **Don't forget to keep all follow up appointments**

**If you have any significant problems such as severe pain, decreasing vision or worsening discomfort or swelling around the eye**, contact Dr Adams at **Insight Eye Surgery** on **07 3154 1515** (Brisbane) or **07 5345 5011** (Noosa) in business hours or attend your local hospital emergency department after hours.