

Following lid surgery (blepharoplasty)

You may feel a little drowsy after the operation.

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.

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.

Medication:

- **Chlorsig ointment:** on wounds 4 times/day for 2 weeks
- Simple pain relief such as paracetamol or ibuprofen should help with the discomfort – follow instructions as per your pharmacist.

Continue all your usual medications including eye drops

Dos and don'ts – post surgery

Dos:

- Sleep with three pillows for the first three nights
- Use ice packs held over the eyes to 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, bending over or strenuous exercise for one week.

Don'ts:

- Do not remove any sutures or pick at the wound or scab
- Don't forget to use the eye drops
- Do not swim for 4 weeks following surgery
- **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.