



EYELID CORRECTION

Post Operative Advice Sheet

Eyelid ("Eyebag") Correction

You should arrange for someone to drive you home from hospital.

You will experience mild discomfort after your surgery and it is recommended that you take one or two pain relieving tablets (such as Paracetamol) on a regular basis for the first week or so. **DO NOT TAKE ASPIRIN OR ANY PRODUCTS CONTAINING ASPIRIN** as this may prolong or cause bleeding in the early post operative period.

There maybe some swelling and bruising following surgery, though this should settle over the first two weeks. To minimise swelling and bruising around your eyelids you are advised to sit up right throughout the day and prop yourself up with an extra pillow at night for the first two weeks post operatively.

It is important to rest as much as possible for the first 48 hours after surgery, after which you can recommence gentle activities and household chores, but should refrain from exercising for at least two weeks. You should move around the home as much as possible and not lie in bed for protracted periods.

We recommend eye lubricants in the weeks following surgery to avoid any irritation of the eye itself. Advice on this will be given at the time of surgery.

You should avoid getting the incisions or dressings wet for the first week.

You will have stitches to be removed by the nurse about 5 days post operatively. This is painless.

Once the incisions have healed and they have been inspected by the nurse you will be advised that you may recommence showering the eyelids. Until this point, you should avoid getting your wounds wet. You should avoid using make up for at least one week post operatively.

Provided that your eyes are fully open and your vision is not impaired you may recommence driving when you feel it safe to do so.

I would have advised that it is important to stop smoking prior to your operation in order to reduce the risks of complications. You should avoid smoking for the first two weeks post operatively.

Following surgery, the type of job that you do determines when you can return to work. If you are mainly confined to deskwork, you may feel able to return to work after one week.

The scar will pretty much look after itself. By week two you should commence moisturising and gentle massage of the scar, with a good quality moisturiser for five minutes morning and evening for the first three months the aim being to soften the scar and speed up final scar maturation. The delicate scar tissue is at greater risk of sunburn if exposed to the sun, therefore, you are advised to avoid sun exposure to any scar tissue for the first six weeks of healing, after this if the area is to be exposed to sunlight you should apply sun protection factor 50 or greater sun block to exposed scar tissue.

Though most people experience uneventful post operative recovery, if you develop any of the following you should contact Mr Armstrong's nursing team:

- Temperature greater than 38.5°
- Severe pain not alleviated by simple painkillers
- Fresh bleeding from the wound, other than a minor ooze
- Any disturbance of vision
- Excessive swelling, particularly of the lower eyelids
- Any irritation of the eyeball where it feels uncomfortable