

Post-operative information for patients following minor eye / eyelid surgery

Ophthalmology

Information for patients and carers

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Caring for you

After your operation

1. Do not rub your eye,
This may make it sore and slow healing.
2. Please rest quietly this evening.
Avoid lifting heavy objects and bending forward. This may put pressure on the wound, causing your eyelid / eye to bleed.
3. Keep your head raised as much as possible when lying down.
This helps to reduce the swelling. Use extra pillows, if needed.
4. You may notice your eye / eyelid and cheek feel a little numb this evening.
This is because of the local anaesthetic used to numb your eye / eyelid during surgery. It is quite normal and will wear off gradually.
5. Some pain or discomfort may be experienced for a few days after the operation.
Taking simple painkillers (e.g. paracetamol) can help this. Contact the hospital if the pain is severe.
6. You may notice your eyelid and cheek are bruised and swollen.
This is quite normal and could last for 2 to 3 weeks.
7. Keep your eyelids clean.
This will help to reduce the risk of infection and keep your eye comfortable.
If there is any leaking or if the lids become sticky, you may gently bathe the lid with cotton wool balls and boiled water (which has been cooled). Remember to wash your hands first.
8. If you need an eye pad on discharge, remove it at the time directed.
This may be up to 1 week later.
9. Some slight leaking of blood is normal as are some blood clots.
10. If bleeding continues, contact the hospital on the number below.
11. It is important to keep your hospital appointment, if you have been given one.
This is to allow the staff to monitor your progress. If you are unable to attend, please contact us so that we can arrange another appointment.
12. It is important to use or put in your ointment / drops if you have been given any, as directed by the hospital. This will help soothe the eye / eye lids and aid the healing process.
13. You may have been instructed to apply icepacks to your eyelids after surgery.
Icepacks are usually applied for up to 5 minutes between 2 to 4 times a day.
This is usually done for at least 1-week post-surgery.

If you have any worries after your operation, please contact us by calling the Ophthalmic Centre on 01925 662694.