

Wound Care after Eye Lid Surgery

- Following eye lid surgery you can experience some swelling and bruising for 1-2 weeks.
- You may have a little oozing or bleeding at the site of surgery in the first few hours which should resolve. Otherwise apply pressure to the wound for 10 minutes. If the bleeding increases please contact the eye unit for advice or contact your on call GP.
- Cool packs applied to the wound are very helpful at reducing the swelling and bruising. Apply cool pack (frozen peas wrapped in a flannel or ice cubes in plastic bag wrapped in a flannel) to the area for 10-15 minutes, 6 times a day for the first 2 days.
- As the local anaesthetic wears off you will experience tightness of the eyelids. Post-operative pain is usually mild, however, if you experience significant discomfort please take mild pain relief if necessary (e.g. Paracetamol. Do not take Aspirin as this increases the risk of bleeding).
- Avoid strenuous exercise, bending or heavy lifting for a few days after surgery as this can cause bleeding.
- Ointment prescribed should be applied to the wound as prescribed. This prevents scabs which can cause scarring and also stops infections. Wash hands thoroughly prior to applying ointment.
- If crusting occurs clean wound with warm boiled water using cotton wool or cotton buds to remove the crusts and pat dry. Do not use soap. Then apply a thick layer of ointment.
- The stitches are usually dissolving and this takes several weeks.
- You may shower and wash your hair but try to avoid getting soap on the wounds and dab them dry afterwards and apply ointment.
- Healing is a gradual process and the scar will remain pink for up to three months after which time it becomes pale.
- The area around the wound may be numb for several weeks or months.
- You may feel occasional sharp pain or itching of the wound. This is normal while it is healing.
- You should receive a follow up clinic appointment. If you haven't received one, please contact the Booking Office on 01392 406922.

For advice ring:

The Eye Day Case Unit

01392 406013

between 8.00am and 6.00pm
(Monday to Friday)

Eye Triage Team

01392 402399

between 9.00am-12.30pm
and 2.30pm-4.00pm
(Monday to Thursday)
Fridays 9.00am-12.30pm

Or contact own GP

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)