

Eye Lid Surgery – post operative advice



James Paget
University Hospitals
NHS Foundation Trust

Type and date of operation

Hospital number

- 1) You may need to take pain killers after your operation. A mild one such as paracetamol should be sufficient.
- 2) If your eye is padded, please remove it
- 3) Use the eye drops or ointment as prescribed.
Apply ointment
- Instil eye drops into R / L eye
- 4) (Not for use for small cysts, biopsy). The use of cold compresses is recommended. Put a jug of cooled boiled water in the fridge. Pour a small amount of the cooled water in a clean cup, soak one or two cotton make up pads, squeezing any excess water then place the pads on the eyelid for 5-10 minutes. Do this every hour on the first day and every other hour on the second day. Continue this fordays.
- 5) We recommend that you sleep with two or three pillows. Do not lay completely flat as this may increase any swelling. Avoid sleeping in such a way that your wound is in contact with the pillow i.e. try and sleep on the opposite side if possible.
- 6) Stitches, if you have any, need to be kept dry after applying cold compress, washing and showering.
- 7) A follow up appointment may be given to you on discharge and it is important that you attend.
- 8) Driving and operating machinery is to be avoided if your eye is padded and if you are using ointment as this may disturb your vision.
- 9) Following some surgery it may be necessary to refrain from work for a certain period of time.
- 10) Avoid rubbing the eye and refrain from wearing eye make up for two weeks.

If you have excessive pain or increasing redness of the eye please ring and speak with a nurse or doctor, between the hours of 9-5pm Monday – Friday, Ward 8/ Windsor Suite, 01493 452008. After these hours please ring 01493 452462 and ask for the Eye doctor on call.

If you need advice over the weekend please ring the Norfolk and Norwich University Hospital on 01603 288060 and ask for the Eye doctor on call. They will advise you what to do.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240