

Eyelid Surgery – Preparation and aftercare

Preparing yourself for surgery:

Prof Mahajan would have already asked you to stop smoking at least eight weeks prior to your procedure. This includes e- cigarettes and nicotine patches.

You would have been asked to stop any blood thinning medication such as Aspirin, Clopidogrel for a week and Warfarin, Dabigatran etexilate, Rivaroxaban and Apixaban for four days.

If you are having a general anaesthetic, you should have stopped any oral contraceptive pill for four weeks.

Should you develop any skin infections or illness / cold symptoms please contact us.

Clear your diary, allow yourself time to relax before and after your surgery.

Have some paracetamol or paracetamol/codeine handy.

Shower and wash your hair the night before your surgery and clean your ears well. You will not be able to wash your hair for a week after your surgery!

Make arrangements for someone to drop you off and pick you up from the clinic.

On your big day!

Get a goodnight's sleep and be relaxed.

Do not apply any creams or makeup to your skin.

Wear comfortable clothing / shoes. Do not wear any contact lenses.

Bring all your paperwork, medication, reading glasses, books, music and iPad!

Looking after yourself following surgery:

Arrange to have someone to look after you for the first 24 to 48 hours, especially if you have had a general anaesthetic.

For the first week, sleeping with a couple of pillows to prop up, helps decrease bruising and swelling. You may develop black eyes! Don't panic, this bruising will settle in the 2 to 4 weeks.

Avoid stooping over as this increases blood flow to the head and can increase risk of bleeding.

There will be a paper tape dressing on your eyelids for the first week. Please keep this dry and do not try to take it off.

You may have some discomfort following the surgery, but this can be avoided by taking paracetamol for the first 2-3 days.

If you have had lower eye lid surgery, you will be given Chloramphenicol eye ointment to apply inside the eye three times a day for a week.

Most wounds heal without any problem, but sometimes wounds can become infected in spite of all the aseptic precautions that we take. Please look out for signs of wound infection such as excessive pain, swelling, inflammation (redness), discharge, foul smell, fever or feeling unwell.

You will be seen 7 to 10 days after your surgery. At this stage, your dressing tape and sutures will be removed.

Once your wounds are healed, you can start gently massaging them with a moisturising cream after two weeks. Newly healed wounds can itch and this is a sign of healing and the nerves regenerating. Do not scratch the scars, instead gentle massage helps. If you have had lower eye lids done, you will need to gently massage the eyelids to prevent ectropion (pulling down of the eye lid).

Scars can take up to 12 months to mature fully. It is helpful to continue to massage them with moisturising cream while they mature. Avoid exposing scars to sunlight for at least 6 to 12 months as fresh scars are sensitive to sunburns. Also avoid tanning for this period to prevent hyperpigmentation of the scars.

Eat a healthy diet as good nutrients and vitamins help the wounds heal well.

Do not smoke (or use e-cigarettes or nicotine patches) as this can compromise wound healing significantly.

There will be some swelling and bruising for about two to four weeks. Swelling varies from patient to patient. Most of the swelling settles in four to six weeks, but continues to settle fully after that for a few months.