



Queen Victoria Hospital
NHS Foundation Trust

Care Plan after Eyelid or Orbital Surgery

Corneo-Plastic Unit



What should I do after surgery?

Please ensure you have someone collect you to drive you home and stay with you for the first 24 hours following your surgery.

Rest quietly all day following surgery. Avoid bending or excessive exercise for the first two days following surgery or as advised.

Maintain an elevated head position and use two or three pillows at night for the first three days.

You may need to take regular paracetamol for 48 hours after surgery.

Take your anti-inflammatory and antibiotic medicine as prescribed.

Looking after your eye

- Always wash your hands before and after treating your eye.
- You may have a pad on your eye. If so, do not remove it until advised.
- If the pad becomes loose, apply more tape but do not remove the pad.
- While the pad is on, do not get it wet. Shower from the neck down or take a bath. Do not wash your hair for three days following surgery.
- Before removing the pad read the instructions about a cold compress at the end of this booklet.
- When you remove your eye pad, peel the tape downwards.
- Once you have removed the eye pad, you may shower and wash your hair.
- Apply a cold compress immediately after the pad is removed, and then several times per day (see instructions at the end of this booklet).

- Apply your eye ointment as instructed by your doctor (thinly, inside the lid from the inner corner outwards).
- After removal of white adhesive strips, please keep incision lines/wounds moist with soft yellow paraffin.
- If your eye is sticky or has discharge around the suture line (stitches), bathe it using cooled boiled water. Close your eye and wipe gently from the inner corner to the outer corner, ensuring you use a fresh piece of cotton wool for each wipe.
- It is normal to get some bruising and swelling around your eye after surgery. However if you develop severe swelling, it is getting worse or you are concerned please telephone the ward.
- Remember to actively blink your eye shut (so that it completely closes) for the first week after surgery. It is common for blink-closure to be weaker immediately following surgery. Ensure that your eye is actively closed shut at least 2-3 times in a minute.

Dos and don'ts

- You may watch television or read directly after surgery, but remember your vision may be blurry.
- Do not have hot drinks or hot food immediately after surgery, if you can, wait until the following day. Warm drinks are acceptable.
- If your surgery was carried out under a general anaesthetic (GA), do not have dairy products for the first 24 hours, as these may make you feel nauseous.
- Do not take a shower or a bath for the first day.
- Do not get soap into the incisions for the first week. Be careful when washing your hair.
- Do not drive on the day of surgery. Wait until the effects of any sedation have resolved and you can see a licence plate clearly at 20 meters . This is a legal requirement.
- Do not wear contact lenses for the first two weeks. This is to keep

the risk of wound infection low.

- Do not do any heavy work, lifting, running, gym work-outs or swimming for four weeks
- Please ensure that you do not run out of your medication.
- If you have had tear duct surgery (dacryocystorhinostomy – DCR) or orbital surgery, do not blow your nose for one week.

White paper strips and sutures

If you have small white paper strips on your wounds, leave these for five days. You can remove these by just peeling them off. If they are difficult to remove, soak them in warm water for a few minutes first. If these fall off earlier, do not worry and please do not replace them.

You can remove some stitches after six days. If you have received these instructions after your surgery, you will see a thin blue stitch after you have peeled off your white adhesive strips. You can hold one end of this stitch and just pull it out after six days. This type of material is designed to slide out easily, there will be no pain and there is nothing you can do wrong.

Eyelid compresses

Making a cold compress:

Put ice or crushed ice into a plastic bag and wrap with a moist flannel or tea towel (not dry). If it is too cold leave it for five minutes before applying it to your eyelid so that you don't give yourself frostbite.

How do I apply a compress?

Apply a cold compress six to eight times a day, or as frequently as you can tolerate, to your closed operated eye. Make sure the eye remains closed. Keep the compress on the eye for 15 minutes at a time.

After one week switch to warm compresses to closed eyelids. This is not essential but may help speed up resolution of established swelling. Apply a warm flannel for a few minutes, keeping the eye(s) closed.

Making a warm compress:

Soak a clean flannel in warm water and squeeze out excess water. Make sure it is not too hot.

Observe any swelling and discontinue warm compresses if it is getting worse.

IMPORTANT

Please do not miss your clinic appointment as there may be further stitches that need to be removed at this appointment. Should the time of appointment become unsuitable, please call the eye clinic to rearrange.

Further Questions

Contact us as soon as possible if you have any questions or concerns or if you experience any of the following:

- severe, increasing pain, redness and swelling of the wound area
- decrease of vision
- fever
- active bleeding
- skin rash

Corneo-Plastic Unit (Eye Clinic)

Tel: 01342 414470

For enquiries during weekday working hours (09.00-17.00) call 01342 306782 and ask to speak to the clinic nurse.

For emergencies out of hours, please call Ross Tilley ward: Tel: 01342 414451 or switchboard on 01342 414000 after 17.00hrs weekends and bank holidays.



Please ask if you
would like this leaflet
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