

Post- operative Instructions

Expected pain and management

- During the procedure local anaesthetic was injected which should numb your eyelids for around 6-8 hours following your procedure.
- Once the local anaesthetic wears off you may begin to feel some discomfort for which you should take;
 - Panadol / Panadeine 2 tablets every 4-6 hours for first 24 hours and continuing as required or directed.
 - Anti-inflammatory e.g. Neurofen as directed
- If your pain is not controlled with the above measures or you suffer with difficulty with your vision please contact WPRS for advice.

Wound Care

- Please keep your dressing on your eyelids in place. You are allowed to get the dressings wet and they should be patted dry after a shower.
- If dressings come off, you should contact WPRS during office hours for advice as you may be required to attend the clinic to have to have the dressing reapplied.
- At night sleep on a couple of pillows so your head is elevated to control the swelling.
- To control swelling around your eyes, place a cool pack on your eyes for 10 minutes every 2 hours. You should continue this for 24 hours. Do not be concerned regarding eye swelling as this is common following eyelid surgery.
- If any bleeding occurs upon discharge, sit upright and apply gentle pressure for 10 minutes and then reassess. Contact WPRS if the bleeding does not cease following these measures.
- At 5-6 days after your operation you will have a wound check appointment with the nurse at WPRS where the suture will be removed. At that point scar management will begin and be explained by the nurses at WPRS.

Activity

- Avoid any strenuous activity after your procedure for 2 weeks.
- You may drive following the procedure once your vision is normal and you can see clearly.
- You may return to sport and strenuous activity after 4 weeks.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.