

MR DAVID CHEUNG

Consultant Ophthalmic and Oculoplastic Surgeon

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After Blepharoplasty

Information for patients, relatives, carers and nursing staff

Important information for patients having undergone blepharoplasty by Mr David Cheung

The first 24 hours

- As a routine, patients should stay a minimum of 30 minutes post-operatively after a local or general anaesthetic to ensure post operative bleeding does not occur. At any time after that, as instructed by Mr Cheung, the patient may be allowed to go home.
- **Dressings**
 - After the operation, the eyes are sometimes covered with dressings to reduce any swelling. These should stay in place until patient wakes up in the morning
 - If the patient cannot tolerate the eyes being closed after a blepharoplasty, the dressing can be removed at any time and a regimen of ice packs started with the patient sitting up.
 - If the patient complains of pain in the eyes when the dressings are in position, the nurse/carer should try to find out whether or not it is mild discomfort, such as that which occurs after dental treatment when the local anaesthetic wears off, or whether or not it is true pain.
 - If it is true pain, the pads should be removed and the pupil and vision checked. The ointment which may blur the vision should be removed. The patient should be able to count fingers with each eye. The pupillary reaction should be noted. If the patient cannot count fingers with each eye and/or the pupils are dilated and do not react to light please call Mr Cheung. If the vision and pupils are normal, ointment should be put in the eyes. The patient should be asked to close the eyes as firmly as possible and a dressing of vaseline gauze, fluffed up swabs and eyepads should be applied in order to keep the eyelids closed so that blinking and bruising does not occur.

The first fortnight

- Patients should sit up as much as possible
- The usual regimen after leaving hospital is to use ice packs for 4 days, antibiotics drops four times a day and lubricant drops as required. All drops and ointments are usually prescribed for 2 weeks.
- Patients are advised not to take strenuous exercise for two weeks but there is no reason why they should not use their eyes to read, although their reading vision may be somewhat blurred for some days postoperatively. They can carry out normal activities such as walking around the house and outside etc. The bruising lasts two to three weeks but the eyes themselves occasionally do not feel normal for perhaps three months after the surgery
- Non dissolvable stitches are commonly used in blepharoplasty surgery. These are usually removed at 7-14

days after surgery.

- Wound care: Please refrain from washing around your operation site vigorously for the first fortnight following surgery. It is not uncommon for some dried blood to collect around your eyelids as the wounds heal. These can be gently removed and the wounds can be kept clean with cotton buds dipped in boiled water which has been allowed to cool.

Ice Pack Compresses

- Although one can buy specifically designed cold compress packs, Mr Cheung feels that the “traditional methods” just as effective e.g. a small pack of frozen peas wrapped in a clean towel acts as an excellent alternative.
- Starting on the first morning after the operation, the ice pack is applied to the eyes for 20 minutes for every hour the patient is awake e.g. at 8am for 20 minutes, 9am for 20 minutes, 10am for 20 minutes.. Continue hourly ice pack compresses for the first 2 days.
- On the 3rd and 4th day after surgery, perform ice pack compresses about 4 times per day