

Following Lid Surgery

Information for patients under the care of the Eye Unit

After Your Lid Surgery

This leaflet provides information and guidance to help answer any questions you may have following your surgery.

Pain and Discomfort

The local anaesthetic injected around your eyelid may take **up to 2 hours** to fully wear off.

Once it does, you may experience some discomfort. This can usually be relieved with mild painkillers such as **Paracetamol**, following the instructions on the packaging. If your surgeon feels you need something stronger, they will prescribe an alternative.

Do I Need to Protect My Eye?

In most cases, **no dressing** is applied after lid surgery unless your surgeon advises otherwise.

You may wear your usual **glasses or sunglasses** for comfort and protection.

Precautions After Surgery

To help reduce swelling and prevent bleeding:

- Rest quietly for the remainder of the day
- Avoid alcohol, hot spicy foods, and very hot drinks
- Your surgeon may ask you to apply an ice pack to your eyelids later today. The nurse will explain how to do this safely.

What to Expect

It is normal to have:

- Some bruising and swelling around the eyelids which can last up to several weeks
- Slight oozing during the first 24 hours

Please contact us if you experience:

- Bleeding that does not stop after a short time with compression
- Marked or increasing swelling
- Severe pain not relieved by painkillers
- Persistent discharge

Cleaning the Lid Area

You may gently clean around the eyelids using **cotton swabs** and **cooled boiled water**.

Avoid wiping directly over the stitches to prevent disturbing the wound.

Your Follow-Up Appointment

You will be given an appointment to return to clinic to see the doctor. At this visit, stitches may be removed if needed.

Continue using any prescribed eye drops or ointment **until your follow-up appointment**, unless advised otherwise.

Who to Contact if You Are Worried?

If you have any concerns about your eyes or recovery, please contact:

Emergency Eye Clinic Tel: 01633 238856 **Hours:** 08:30am – 5:00pm

Outside these hours: Contact the **Ophthalmology doctor on call** via the hospital switchboard.

Personal Notes

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg.**