

Post-Operative Review Appointment Details:

Date: _____ Time: _____ Location: _____

IMPORTANT AFTER CARE INFORMATION:

- Avoid heavy rubbing or any bumping of the eyelid for the first 2 weeks after surgery.
- You may experience blurred vision within the first 24 hours following surgery.
- You may experience moderate discomfort or sensation of 'sand' in the eye; this can last 1-2 weeks after surgery until the stitches dissolve
- Panadol or Panamax should be all that is necessary to ease your discomfort.

EYE DROPS

You have **ONE (1)** tube of eye ointment to use:

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THE DAY AFTER SURGERY

If you have an appointment the day after surgery, keep your pad on until review. If you do not have an appointment on the day after surgery, you may remove the pad yourself and commence applying the ointment the morning after surgery.

The first TWO (2) weeks following surgery:

Apply a small amount of ointment to your stitches using a cotton bud or a clean finger,
3 times a day.

Easy times to remember are at breakfast, lunch and prior to going to bed.

Continue applying the ointment until it runs out, about 2 weeks after surgery. You can use a second tube, twice a day, after your stitches have been removed to massage the scar to help healing.



DR LINDSAY McGRATH
Post-Op Instructions

PARACETAMOL

Next dose of paracetamol should not be taken before _____

Paracetamol / Codeine can be used every 4 hours for the first few days as required.

HYGIENE

Clean around your eyes daily by rubbing gently with fingertips while showering.

Avoid soap or shampoo around the eyelids

No eye makeup for 2 weeks

ACTIVITIES

No Swimming for 1 month.

You can return to your normal activities (eg reading / hobbies) without concern.

FOLLOW UP

If your eye becomes more red, increasingly uncomfortable / painful or your vision has worsened, please contact Dr McGrath for a check immediately.

Business Hours Phone: 07 3899 2965 After Hours Phone : 0411 279 378

Additional Instructions :
