

Oculoplastic Surgery Post Operative Instructions - Dr Timothy Beckman

Eye Drops - After Surgery:

You will be prescribed:

- Chlorsig ointment to be used 2 times per day for 2 weeks
 - Apply to the eyelid and to the eye
- Preservative free artificial tear drops (lubricating eye drop, e.g. hylo-forte) may also be used for dry eye symptoms as needed

The First Night:

- You will need to have a family member or friend with you to take you home from day surgery
- Rest is recommended, however most people are able to watch television several hours after surgery
- You may experience mild eye irritation or discomfort
- Panadol, Panamax or Neurofen should be all that is necessary to ease any discomfort

Hygiene:

- Always wash and dry your hands prior to instilling your eye drops
- Discharge around your eye may be wiped gently with a clean gauze square or cotton ball moistened with cooled boiled water but do not put pressure on your eye ball
- Avoid soap or shampoo in your eye
- No eye make up for 1 week

Eye Pad:

- Leave the eye pad on overnight and remove it the following day, unless instructed otherwise by Dr Beckman. You may wash your face and take a shower after the eye pad has been removed

What to Expect:

- It's normal for your eye to be red and have some discharge
- The eye may be gritty and watery
- The vision may be blurred or fluctuate initially
- Complete healing takes 6-8 weeks
- Bruising and eyelid swelling is expected. Ice packs twice daily can assist, as well as sleeping slightly elevated on pillows

Physical Activity:

- No swimming or strenuous exercise for 2 weeks following surgery
- No restrictions on reading, watching TV, walking, shopping, showering, etc

Contact Dr Beckman immediately if you experience any of the following symptoms:

- Vision loss
- Marked increase in the redness of the eye
- Severe pain that is not relieved with the drops or over-the-counter pain medications

Contact Numbers:

Terrace Eye Centre (M-F 8am-5pm) on (07) 3831 0101