

POST OPERATIVE INSTRUCTION – PTOSIS/BLEPHAROPLASTY

Prof Tim Sullivan MB, BS, FRANZCO, FRACS, FCOphth

Patient Name:

DOB:

DRESSING:

Please remove dressing as advised:

Once the dressing has been taken down, clean the wound gently with a face cloth or gauze, use warm water.

Ointment:

Please apply the supplied Chlorsig ointment to you wound twice daily until review. Continue this for 3-4 days post suture removal unless otherwise instructed at your post operative appointment

NB: You only need to use a small amount of this ointment each application, this can be done by using a cotton tip.

Eye drops (may not be required):

As Directed:

Ice packs: 10 minutes on / 20 minutes off for the first 72hours

DO NOT:

- Operate or drive any machinery for 48 hours post surgery
- Drive or operate machinery if vision is impaired
- Showering – do not immerse head in water fully, where possible head back. (some patients book appointment/s with hairdresser/barber for hair wash during this time)
- No swimming
- No Make up
- No exercise/gym/strenuous activity for 2 weeks post operatively (this includes Yoga and Pilates)

Post operative appointment:

Day and Date:

Time:

Address: Terrace Eye Centre, Level 2, 87 Wickham Tce, Brisbane

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Contact numbers: Business hours 08.30am – 5.00pm

Wickham Terrace: 07 3831 0101 – option 6

Chermside 07 3359 8886

After hours: Royal Brisbane and Women’s Hospital – Eye Emergency: 07 3646 8111

IMPORTANT INFORMATION:

1. **Blurred Vision:** It is normal for the vision to be blurry intermittently for the first week after surgery, particularly immediately after using the ointment, and marked vision loss should be reported immediately to Prof Sullivan.
2. **Bleeding:** Some minor bleeding or ooze is common; any bleeding that cannot be stopped with gentle pressure for 5 mins should be reported to Prof Sullivan.
3. **Pain/Discomfort:** It is normal for discomfort at the wound site, particularly for the first 48 hours; severe pain that is not relieved with Paracetamol should be directed to Prof Sullivan
4. **Bruising/Swelling:** Bruising and swelling are very common and will last several weeks after surgery. Some people will have none or minimal bruising and swelling, others quite a lot and variation among individuals is very common.
5. **Redness:** Mild redness at the wound site is common, particularly in the early period after surgery. Any redness that is worsening and associated with increased pain may indicate infection. If this is occurring, notify Prof Sullivan immediately.
6. **Recovery:** Most people will take a week or two to get over the procedure and can then go back to work but the ongoing healing process will take longer.

The final eyelid height is usually at about 6-8 weeks when the swelling fully resolves and the final scar maturation really takes 6-12 months.



Service by Terrace Eye Centre, Terrace Eye Centre, Level
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