



Royal Berkshire
NHS Foundation Trust

Aftercare advice following eyelid surgery

Information for patients

This leaflet gives you advice and information following eyelid surgery. If you do not understand something or if you have any other questions or concerns, please ask one of the ward staff who will be pleased to help you.

After surgery

- You will probably have an eye-pad applied to the affected eye. You should keep it on until the following morning or until instructed.
- You will probably experience bruising and swelling. You can reduce this by applying ice packs.
- If you experience discomfort, take Paracetamol, following dosage instructions on the packet. Do not take aspirin, as this may cause severe bleeding.
- You may be given eye drops and/or ointment. Use them regularly as instructed.
- It is best to keep the area dry for approximately 48 hours. If you need to bathe the area after that time, you should use cooled boiled water and cosmetic pads.
- You should avoid strenuous exercise and heavy lifting for two weeks; and avoid swimming for one month.

- You will be given a follow-up appointment to see the doctor in clinic. This is for a check up. Any stitches are usually removed 5-14 days after your operation.
- If you experience severe pain or bleeding or a discharge from the wound, attend Eye Casualty as soon as possible.

Contacting us

If you have got a minor eye problem, please seek advice from your GP, optician or pharmacist. If you think your problem might be urgent, please attend Eye Casualty.

Eye Casualty (Reading):	Mon-Fri 9am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 9am to 5pm; Sat 9am-12.30pm; Closed Sun & bank holidays
Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

Visit the Trust website at www.royalberkshire.nhs.uk

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London Road
Reading RG1 5AN
Telephone 0118 322 5111

Prince Charles Eye Unit
King Edward VII Hospital
Windsor SL4 3DP
Telephone 01753 860441

This document can be made available in other languages and formats upon request.

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