

# Mr David Cheung

## Consultant Ophthalmic and Oculoplastic Surgeon

**Website:** [www.mrdavidcheung.com](http://www.mrdavidcheung.com)

**Contact Info:** NHS Sandwell General Hospital PA Jayne Evitts: 0121 507 3165

NHS Dudley Guest Hospital PA Jo Gough: 01384 244811

Private Patients: West Midlands Hospital, Halesowen / The Priory Hospital, Birmingham / The Edgbaston Hospital, Birmingham

PA Liz Carter 01384 632636

## *After Blepharoplasty*

### *Information for patients, relatives, carers and nursing staff*

*Important information for patients having undergone blepharoplasty by Mr David Cheung*

#### **The first 48 hours:**

- After the operation, the eyes are covered with dressings to reduce the amount of swelling.
- Patients should sit up as much as possible
- The dressings should stay in place until 6am the following morning or when the patient wakes up in the morning
- If the patient complains of pain in the eyes when the dressings are in position, the nurse/carer should try to find out whether or not it is mild discomfort, such as that which occurs after dental treatment when the local anaesthetic wears off, or whether or not it is true pain.
- If it is true pain, the pads should be removed and the pupil and vision checked. The ointment which may blur the vision should be removed. The patient should be able to count fingers with each eye. The pupillary reaction should be noted. If the patient cannot count fingers with each eye and/or the pupils are dilated and do not react to light please call Mr Cheung. If the vision and pupils are normal, ointment should be put in the eyes. The patient should be asked to close the eyes as firmly as possible and a dressing of vaseline gauze, fluffed up swabs and eyepads should be applied in order to keep the eyelids closed so that blinking and bruising does not occur.
- If the patient cannot tolerate the eyes being closed after a blepharoplasty, the dressing can be removed at any time and a regime of ice packs started with the patient sitting up.
- As a routine, patients should stay a minimum of two hours post-operatively after a local or general anaesthetic to ensure post operative bleeding does not occur. At any time after that, as instructed by Mr Cheung, the patient may be allowed to go home.
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#### **The first fortnight:**

- The usual regime after leaving hospital is to use ice packs for two days, antibiotics drops four times a day and lubricant drops as required with. Occasionally an antibiotic ointment may be prescribed to be used at night in the eye. All drops and ointments are usually prescribed for 2 weeks.
- Patients are advised not to take strenuous exercise for two weeks but there is no reason why they should not use their eyes to read, although their reading vision may be somewhat blurred for some days postoperatively. They can carry out normal activities such as walking around the house and outside etc. The bruising lasts two to three weeks but the eyes themselves do not feel totally normal for perhaps three months after the surgery
- Non dissolvable stitches are commonly used in blepharoplasty surgery. These are usually removed at 7-14 days after surgery.
- Wound care: Please refrain from washing around your operation site vigorously for the first fortnight following surgery. It is not uncommon for some dried blood to collect around your eyelids as the wounds heal. These can be gently removed and the wounds can be kept clean with cotton buds dipped in boiled water which has been allowed to cool.