

HOME CARE FOLLOWING ECTROPION REPAIR, EXCISION OF LID LESION WITH SKIN GRAFT

The following is a list of instructions for you to follow now that you have had your surgery. This will ensure the healing process goes smoothly and no complications arise

**Expected Pain and Management**

* When your anaesthetic wears off, you may feel some discomfort in your eye; take Panadol or Pandeine to relieve this if required.

**Dressings**

* You may take the crepe bandage off four (4) hours after discharge.
* The remaining Elastoplast eye dressing **MUST NOT** be removed until you are reviewed by your doctor 5-7 days post-op.
* **Leave any other other dressings in place** until your review appointment.
* **It is important not to rub the eye or use any implement to scratch underneath the dressing.**

**Daily Care:**

##### Some non dissolvable stitches will be removed at your first and subsequent post op reviews. Other stitches WILL DISSOLVE. They do not need to be removed.

**Wound Care**

* Once the dressings are removed by your doctor, if there is any discharge, dab the margin of the lids with a clean tissue or cotton bud dipped in warm, boiled water. Discard tissue after each wipe.
* There will be a lump under the skin at the outer corner of your eyelids. This is part of the sutures under the wound. Do not rub or press on this area.

**General Care:**

* Ensure you have adequate rest until you feel capable of resuming normal activities.
* Resume your normal diet as soon as you feel inclined to do so.
* Avoid alcohol 24 hours following an anaesthetic.
* Shower or bathe as usual, keeping water out of the eye.

**NO** vigorous activity for 2 weeks.

It is normal for the eye to be uncomfortable for the first 4 weeks – normal pain relief (e.g. Panadol/Panadeine or Nurofen) is fine to take if needed.

**Contact your doctor if any of the following occur –**

* Unrelieved pain/swelling in the eye.
* Excessive discharge – requiring more than two (2) tissue wipes per hour after 1st post op day.

If you have any concerns, you can ring anytime for an earlier appointment.

**Emergency Phone Numbers**

South West Eye Surgery 5562 4488

South West Health Care 5563 1666

Royal Victorian Eye & Ear Hospital 9929 8666

**FOLLOW UP APPOINTMENT – 1 week usually, ring to confirm with the clinic if unsure**

**Dr Vincent Lee Date**

**Place: South West Eye Surgery Time**