



Warrnambool ■ Colac ■ Hamilton ■ Portland

## HOME CARE FOLLOWING ENTROPION/ECTROPION REPAIR, EXCISION

### OF LID LESION WITH SKIN GRAFT

#### POST-OPERATIVE CARE

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.

#### Dressings

- You may take the crepe bandage off four (4) hours after discharge.
- The eye dressing **MUST NOT** be removed until reviewed by your doctor 5-6 days post-op.
- **Leave other dressings in place** until your review appointment.
- It is important not to rub the eye.

#### 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.

**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 1<sup>st</sup> 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	99 298 666

**FOLLOW UP APPOINTMENT – 1 week**

Doctor \_\_\_\_\_ Date \_\_\_\_\_

Place \_\_\_\_\_ Time \_\_\_\_\_