



Patient & Family Guide
2019

Eyelid Surgery

Aussi disponible en français :
Opération de la paupière (FF85-2101)



www.nshealth.ca

Eyelid Surgery

This pamphlet will help you learn how to care for yourself safely after surgery.

Why do I need eyelid surgery?

- Your eyelid may be in an abnormal position, or have a lesion (lump, sore, or area of skin that is not normal) or malignancy (cancerous tumour) which needs to be corrected through surgery.
- Eyelids can change position for many reasons. These include age, trauma, lesions growing on or around the eyelids, and general conditions such as thyroid eye disease.
- The type of surgery you will have depends on your eyelid problem. Your surgeon will explain this to you.
- You should always talk with your surgeon about the risks and benefits of having the procedure, as well as any other options, before making your decision.

Before surgery

- **If you are taking ASA (aspirin) or blood thinners (such as warfarin), tell your eye surgeon's office before surgery.** If needed, an appointment will be made for you at the Anticoagulation Clinic.
- Tell your eye surgeon's office if you are taking any vitamins or herbal supplements (e.g., multi-vitamins, green tea, garlic, Chinese herbs, vitamin E, ginkgo). Some of these may thin your blood and increase your risk of bleeding during and after surgery.

During surgery

- Most eyelid surgery is done under local freezing (you will be awake during your surgery, but your eyelid will be numb). Your surgeon will let you know if a general anesthetic (you are put to sleep for surgery) is needed.
- The surgery will take about 1 hour.

After surgery

- Your surgeon may give you a list of instructions.
- A small amount of bloody drainage from the incision (cut) is normal for a day or 2 after surgery. Some bruising and/or swelling around the eye(s) is also normal.
- For a few days after your surgery, your eyelids will stay droopy, puffy, and swollen. You will not be able to see very well. You will need someone to help you at home for a few days.
- **Do not swim in a public or private pool for 1 week after surgery.**
- Avoid heavy lifting (more than 10 pounds) or strenuous (very hard) activity for 1 week.
- You will not be allowed to walk home, ride the bus, or take a taxi unless someone is with you.
- You will have an incision and stitches around your eye(s). You will get a prescription for eye ointment to put on the incision(s).
- The stitches will dissolve (go away) on their own and do not need to be removed.

Dressing

- Depending on the amount of bleeding during the surgery, you may or may not need a dressing over your eye/eyelid.

Cold compress

- Wash your hands. Put a clean face cloth(s) in a bowl of ice water.
- Place the cold face cloth(s) over your closed eye(s) for 20 minutes on, then 30 minutes off to lower swelling. Keep doing this for the first 48-72 hours (2-3 days) after surgery.

Discomfort

- It is normal to feel some pain when the freezing wears off. Take acetaminophen (Tylenol® or Tylenol®Extra Strength) 4-6 times a day.
- If you feel sick to your stomach, you can take Gravol™ according to the package instructions.

Followup

- You will get an appointment to visit your surgeon, usually 1-2 weeks after surgery.

Report any of these symptoms to your eye surgeon right away:

- › sudden increase in pain, redness, or swelling after 36 hours (1 and a half days)
- › unusual drainage (fluid) from the incision
- › your vision gets worse

If you can't reach your eye surgeon, call locating at the VG (902-473-2222) and ask to have the ophthalmology resident on call paged, or go to the nearest Emergency Department.

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.