

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223



216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Department of plastic and reconstructive surgery Ward L5

Patient Information

Blepheroptasty discharge information

Document history

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You will be discharged from hospital approximately one to two days after your operation.

Your sutures (stitches) will stay in for five to seven days after surgery. You will be provided with an ointment to apply to the suture wounds daily and eye drops to place into your eyes.

For removal of your sutures you will either be asked to attend our outpatients department (this appointment will be posted to you) or we will ask to make an appointment to visit your practice nurse. We will let you know which is appropriate for you before you are discharged from the hospital.

You may continue with showering and bathing as normal. However, it is best to avoid getting water directly into your eyes as this may cause discomfort; however if your eyes do get wet then pat them dry with a clean dry towel.

An appointment will be sent to you in the post asking you to attend the outpatient department in approximately four to six weeks time to see your consultant or a member of his team.

Depending on your type of work it is recommended you have approximately two to four weeks off work unless instructed otherwise by your consultant. The ward can issue you with a sick certificate upon request or you can obtain one from your GP.

Pain relief

Some discomfort after surgery is to be expected. You may have been given pain killers when you are discharged from hospital.

Continue taking these as instructed on the packet. If you did not receive pain killers on discharge, it may be because you did not require any at this time. In this situation, if you do require pain relief, paracetamol is advised.

Driving

You should avoid driving for two to three weeks. You should check with your insurance company to confirm your insurance remains valid.

Household chores

You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include:

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, please contact your GP or ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.