

# Information for patients and carers

## Post-operative Wound Care after Oculoplastic Surgery

A decorative graphic at the bottom of the page consisting of three overlapping, wavy horizontal bands in shades of blue, transitioning from a lighter blue at the top to a darker blue at the bottom.

## Introduction

This leaflet provides information and advice for patients and their carers, partners or family on wound care following periorcular surgery (surgery to the tissues surrounding the eye).

## What to expect after surgery

Initially after surgery you may experience a little oozing or bleeding at the site of surgery. This should stop after a few hours. You may have a pad or dressing over the wound and this will normally stay in place for 24-48 hours.

You may be given a cold compress to help bring down some of the swelling. This should be applied gently to the eye for 10 minutes every two hours for the first 3 days.

As the anaesthetic wears off, you may experience tightness of the eye lids.

Post operative pain is usually mild, but if you experience significant discomfort, mild pain relief like paracetamol should help.

Avoid strenuous exercise, bending or heavy lifting as this can cause bleeding.

## Cleaning the wound

Once uncovered, the wound should be kept clean and dry until fully healed. If the wound gets crusty, clean it with cooled boiled water using cotton wool pads, and pat it dry gently. Do not use soap.

## Using the antibiotic ointment

You may be given some antibiotic ointment which should be applied to the wound as prescribed. This prevents scabs which can cause scarring and reduces the chance of infection. Wash your hands thoroughly prior to applying ointment and apply gently to the wound/stitch line. Avoid rubbing the ointment in.

## Healing and monitoring period

It is common for the eyelid/periocular area to look significantly bruised and swollen for the first few weeks after surgery. This will improve with time. If the wound becomes increasingly swollen and sore/red, contact the nurse triage telephone line listed at the end of this leaflet.

Full recovery from surgery usually takes several months. Most swelling and bruising settle within 1-2 weeks, allowing a return to normal activities. By 4-6 weeks, the eyelids will begin to feel and look more natural. Deeper healing and scar fading continues over the next few months with final results typically seen by 6-12 months.

You will be seen for a follow up appointment 1-2 weeks after surgery. Any sutures that you have in place will dissolve on their own or be removed at this visit.

## Skin graft care

If your surgery involved a skin graft, you will need to gently massage the area with moisturiser **once the wound has healed fully** (normally 2 weeks). This will help the scar to soften and flatten.

## Contact details

Should you require further advice or information please contact

**Lancashire Eye Centre Oculoplastic secretaries:**

☎ 01257 245058 or 01772 521392

If you have an urgent, sight-threatening problem:

**Nurse triage line (09:00–16:30):**

☎ 01257 245346

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

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**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolvem@LTHTR.nhs.uk](mailto:patientexperienceandinvolvem@LTHTR.nhs.uk)

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