



London Ophthalmology + Ophthalmic Plastics

Mr Nick Koutroumanos

Consultant Ophthalmic & Oculoplastic Surgeon
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Pre-surgery Instructions

- Wear loose fitting clothing and no make-up, any lotions or contact lenses.
- Leave valuables and jewellery at home.
- Please check with Dr Koutroumanos or the anaesthetist about taking prescribed medications on the morning of surgery. If advise to do so, these should be taken with very little water.
- Please avoid smoking and alcohol for a week prior to surgery.
- Do not take aspirin, aspirin containing products, ibuprofen or Ginkgo Biloba for two weeks prior to surgery, unless otherwise advised by Dr Koutroumanos.
- Minimise or avoid consumption of ginger and garlic for two weeks prior to surgery.
- Please notify our office of any change in your health (new cough, cold etc) or if you have any questions
- Please arrange for someone to pick you up after surgery.

Some patients find that Arnica tablets help with post-surgical bruising. The scientific evidence is not strong. If you wish to do so, we suggest you start four days prior to surgery and continue for another six days after your procedure, following the instructions of your purchased formulation.

If you are having local anaesthetic surgery there is no need to fast. If you are having intravenous sedation or general anaesthesia, you should have nothing to eat or drink for 8 hours prior to surgery (including water, milk, tea etc).



Post-surgery Instructions

When the local anaesthetic wears off, discomfort or some pain can be expected. If this occurs, please take paracetamol, co-codamol or the over-the-counter medication you would normally take for a headache. Follow the instructions on the packet. Please avoid aspirin or aspirin containing medicines as they can worsen bruising.

Bruising will almost certainly continue developing for the first two days and can sometimes track towards the upper cheek area. This is of no concern.

Please remove the eye pad or dressing when directed by Dr Koutroumanos' team and apply the eye drops or ointment as prescribed. These will promote healing and prevent an infection. Wash your hands well before applying any ointment on the wounds. This should be typically used for a period of 7 to 10 days.

Ice Packs can be applied to the eyes for the first two days, for a period of 20 minutes, five times per day.

During the first 48 hours after your procedure relax and take it easy. Avoid heavy lifting.

If possible, sleep on your back with two pillows behind your head for at least one week.

Avoid driving for the first two days, especially if you received sedation or general anaesthesia.

You should aim to walk about after 48 hours. Swimming and strenuous exercise should however be avoided for the first two to three weeks. Gentle exercise such as going on walks or gardening can usually resume after the second week.

You can freely use your eyes as normal but try to avoid eye-straining with excessive computer work or TV.

Please avoid smoking for the first two weeks after surgery as it can interfere with your wound healing. Alcohol increases bleeding so it should be avoided for the first 5 days.

As the wounds heal, they may become itchy. Please avoid rubbing your eyes. In order to provide for the most seamless scaring, the stitches used are very fine and can break if pulled or stretched.

If you feel that the eye or wounds need cleaning, use cooled boiled water from the kettle or sterile water/saline. Wash your hands well, then use a tissue to dip in the water and gently wipe, from the nose side, towards the outside of your face.



Please keep the area dry for the first four or five days. When showering keep the water below your neckline. Apply some ointment on the wounds beforehand as this will provide some further moisture-resistance. After this period, avoid water spraying on the face for the rest of the first week after your procedure.

All make-up should be avoided for a minimum of two weeks after surgery.

Transient dry eye symptoms often occur after eyelid surgery. Artificial tears purchased over the counter are helpful for the first few days or weeks and are completely safe. Depending on your type of surgery and eye examination, Dr Koutroumanos may prescribe a specific eye drop regime to use after surgery.

Tanning of the scars can produce permanent pigmentation. If outdoors, please avoid direct sun exposure on the wounds for the first 6 weeks, initially using sunglasses and a big hat and after the second week, some high-quality SPF protection cream when outdoors on sunny days.

If you wear contact lenses, it is generally best to avoid wearing them for a period of 4-5 days after your procedure. When you resume their use please be gentle with the way you place them on the eyes, avoiding significant pulling of the operated eyelids. If for example upper lid surgery has been carried out, wear your contact lenses by gently pulling on the lower eyelid and looking up and vice versa.

Due to the excellent blood supply of the skin around the eyes, post-operative infections on the eyelid skin are rare. Carefully managing the area as directed above will even further reduce this likelihood. In the unlikely however scenario that your wound(s) become very red, hot, sore or leaky after the second post-operative day, please contact Dr Koutroumanos' team for advice.

Dr Koutroumanos will remain directly available to you for any questions or concerns at any stage during this post-operative period. You can reach out on **020 4531 6760** during working hours or of course email any questions at **info@clinicloop.com** at any time. For any concerns outside working hours, please dial **020 7806 4000** and the hospital switchboard will connect you to him and his team.

