



London Ophthalmology + Ophthalmic Plastics

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Wound Care Instructions following Eyelid Reconstruction

After any eyelid procedure, it is important to hydrate the eyes as the eyelids heal. Lubricating eye drops and ointments help to maintain moisture on the eyes which can be prone to dryness. Swelling and bruising are common after eyelid surgery. Cold compresses and head elevation help to limit this.

Please avoid all types of activity for the first 24 hours.

Strenuous activities and exercise should be avoided for at least three weeks after the surgery. Swelling and other side effects usually subside within two weeks after surgery.

Pain is usually mild and over the counter paracetamol effective in controlling pain in most cases. Please avoid aspirin as a pain killer for at least 5 days after the procedure. If aspirin is part of your regular medication, Dr Koutroumanos will discuss its use with you specifically.

After your surgery, a dressing may or not be applied over your eyelid or the entire eye. Dr Koutroumanos will advise you when this should be removed. It should typically be kept on for a minimum of 24 hours but depending on your procedure, will occasionally need to be removed later.

It is important that the dressing is kept clean and dry. If it becomes loose, if possible, re-tape it. If not, it is best that it is completely removed. It is very important that no dressing is loosely fitted over an open eye as the material can lead to the eye surface getting scratched.

When washing your face for the first five days, the wound area must be kept dry. Cleaning is best carried out carefully using cooled boiled water and clean cotton wool pads or cotton tips.

Please avoid rubbing your eyes for the first week. If itchy, moisturising eye drops (kept in the fridge for added cooling relief) can be very effective.

An ointment will have been provided by Dr Koutroumanos' team with instructions of how often to use it. Typically this will be three times per day for one week following surgery.

Please avoid make up or over the counter skin creams on the area for the first two weeks.

For the first two or three days you will find that your wound is tender and it may ooze or slightly bleed. This is of no concern. Gentle pressure applied over a clean dressing or cotton pad for 10 minutes will stop the oozing.

Bruising can be expected and this will develop, or expand, slowly over the first 36 hours or so. It is not uncommon for bruising to track down your cheeks. Significant bleeding after you have been discharged home is very uncommon and if it occurs, you should inform Dr Koutroumanos and his team.

Eyelid swelling following your surgery is normal and to be expected and can occasionally be fairly impressive. Unless associated with pain, a sudden onset, or a significant discharge or visual loss, it is of no concern and will gradually settle over two or three weeks.

Please avoid smoking or alcohol for the first two or three days as this can interfere with your wound healing.

An appointment will be made for you within 5-10 days post-operatively so that your eye and skin can be reviewed and your sutures removed - when required.

In general, the scarring process and healing can be long. The wound will within days become red and visible. Over the ensuing weeks this will slowly mature into whitish but also raised lines. The appearance of these then can take several months to improve.

Scars mature and fade at different rates and to different extents, depending on skin types, age as well as the size of the original lesion and the extent of reconstruction.

Your early recovery period is likely to be reasonably smooth and pain free though the eyelid swelling and eye dryness can become tiring especially if your better eye is involved. Dr Koutroumanos will discuss all individual aspects of your case with you personally and his team will be available for any concerns or questions you may have.