

Advice to Patients

Ocular Plastic Surgery

January 2018

Types of Surgery

- ❖ *Dacryocystorhinopasty (DCR) - Tear Duct operation*
- ❖ *Orbital surgery*
- ❖ *Eye Lid Surgery*

Pre surgery – what you need to do?

It is recommended to stop using aspirin and other blood thinners, including Fish Oil, Vitamin D, and Krill Oil. Check with your eye doctor about using these drugs.

You will be informed of admission time and fasting requirements. Many surgeries are performed under sedation (twilight anaesthetic). Sometimes your surgeon and anaesthetist will decide that a general anaesthetic would be better for you.

DCR (Lacrimal)

You will have a stent (tube) made of silicone passing in the upper and lower eye lids. Please do not pull or fiddle with the tube. Your doctor will likely remove this tube in 6 or so weeks. Do not be alarmed if your eye keeps watering when tube is in place. After the tube is removed, you should see an improvement in tear drainage.

If tube dislodges, do not panic. Call your doctor or hospital. Be aware this tube is attached within the nose area and should not be pulled.

Orbital surgery

Surgery to the eye socket can be quite wide-ranging. It sometimes involves surgery to the bones around the eye. As a result your eye lids can become swollen and bruised.

The nurses will be checking the vision in your eyes regularly after the operation, they will also check for bleeding and swelling at the same time.

If you experience sudden change in your eyesight or severe pain at home. Call the Sydney & Sydney Eye Hospital urgently. The emergency department at this hospital is open 24 hours or if you live far away go to the local emergency department.

Eye Lid Surgery

Swelling and bruising around the eyes and cheeks is quite common, this will get better over the next few weeks. You may even feel a soreness or tightness around the stitches. Swelling can cause your eyelids to not blink as often as normal. Your eyes may feel dry and irritable for a short while.

You may even experience numbness around the wound. This will disappear with time.

Instructions on how to clean and apply ointment will be given to you. As crusty areas may appear around the stitches or steristrips if you have them.

What must I do to care for my eye and help it to heal after surgery?

- You will usually have an eye pad over your eye for the first night and this will be removed the next day or you will be informed of when to take off the dressing.
- Stop smoking, as nicotine reduces the blood flow to the skin, delaying healing.
- Wear sunglasses, to protect the eye from accidental rubbing or pressing on the eye.
- Do not be concerned if you have spotting of blood or discharge in first few days after the operation.
- You should expect a lot of swelling & bruising of your eye lids and surrounding areas. Do not be alarmed unless you experience a lot of pain. We recommend the use of cold compresses. (4 times a day 10 minutes.) Avoid using anything frozen directly on your skin the day after your pad is removed. Do not use heat to bring down the swelling.
- You can shower and shampoo your hair the day after surgery, but try to keep water and shampoo out of the eye.
- Do not start sporting activities until your doctor says it is safe to do so. Usually one to 2 weeks.

Make sure you check these before you leave the hospital

- If you work, ask your doctor when you can return to work. Make sure you have a **medical certificate** before leaving the hospital.
- If you take **aspirin**, or any medicine that thins the blood, ask your doctor when you can start to take this medicine again.
- Before leaving the hospital, make sure you or your family know when you need to come back for your next doctor's **appointment**.
- Ask your doctor at each appointment about what eye drops or ointment you should be taking.
- Have the nurse watch you put in your eye medications. They can help you if you do not put your eye ointment/drops in correctly.
- Remember same day surgery does not mean same day recovery. Healing is a slow process.

After going home, when should I seek help?

If you experience any of the following contact the hospital.

B = Bleeding

P = your eye is very **painful** and the pain is not relieved by pain tablets.

T = Temperature – if your temperature goes up it might mean you have an infection

If you have severe constant eye pain seek medical **help as soon as possible**

If you notice one or more of these things after your surgery, please ring Sydney and Sydney Eye Hospital on **(02) 9382 7111** and ask to speak to an eye doctor or nurse for advice.