

DEPARTMENT OF
OPHTHALMOLOGY

Eyelid Surgery

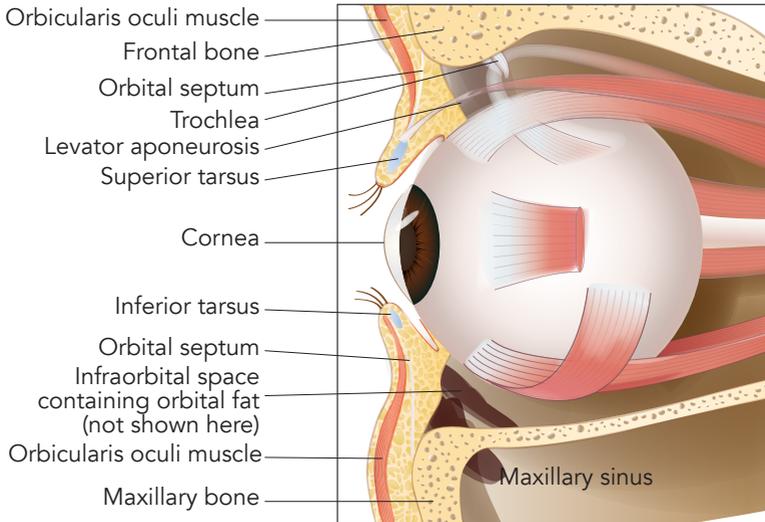


You have been given this information booklet because your ophthalmologist (eye doctor) has recommended eyelid surgery. This information booklet explains what the surgery involves, the risks and benefits of the operation, and how to care for your eyes after surgery.

ABOUT EYELID SURGERY

What is Eyelid Surgery?

Eyelid surgery includes any surgery which involves making a surgical incision or stitching on the eyelid.



Anatomy of the upper and lower eyelids (side view).

Why Do I Need Eyelid Surgery?

The common indications for eyelid surgery are:

- Ptosis (droopy eyelids)
- Entropion (in-turning of eyelid margin)
- Ectropion (out-turning of eyelid margin)



Image of a patient with droopy eyelids for both eyes (i.e. something more layman rather than using the medical terms)

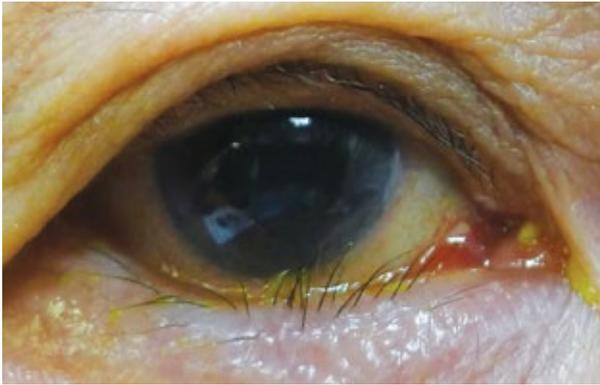


Image showing the in-turning of right lower eyelid margin (i.e. simplifying medical terminology)

What Are the Different Forms of Eyelid Surgery?

Eyelid surgery may involve the upper eyelid, lower eyelid or both upper and lower eyelids. It can be on one side or both the right and left sides, depending on where the problem lies.

What Are the Possible Complications Arising from Eyelid Surgery?

There are some risks associated with eyelid surgery that you need to be aware of.

The following are the major potential complications of eyelid surgery but this is not an exhaustive list of all risks:

The main risks are that of

- Orbital haemorrhage – due to rebleeding from the eyelid blood vessels after surgery.
- Infection – signs include pain, eye discharge, eye swelling, fever, chills.
- Asymmetry – one eyelid may be higher or lower. Some patients may need readjustment surgery if this occurs.
- Scarring of the wound – this can happen especially in the history of a keloid scar, or after infection.

As with any surgery, there are also risks from the anaesthetic, including that of stroke and heart attack, which may be life-threatening.

You will be assessed thoroughly by your team of doctors before the operation. Your ophthalmologist will explain these risks to you in more detail before you sign the consent form.

What Do I Need to Do Before the Surgery?

You will need to **continue your blood pressure medications** on time as usual if you are known to have hypertension.

If you take aspirin, or blood-thinning agents such as warfarin, you will need to check with your physician how you could safely stop these drugs for a period of time **before and after** the surgery.

These medications/supplements need to be stopped for a minimum of 3 weeks before and after the surgery, as they can cause significantly more bleeding during and after the surgery:

- Gingko
- Ginseng
- Garlic pills
- Vitamin E
- Fish oils
- Cordyceps

What Happens During Eyelid Surgery?

You will be advised when to stop eating and drinking before the operation. You will be asked to arrive either early in the morning if your operation is to be in the morning, or late morning for afternoon surgery.

What happens during Eyelid Surgery?

This is a day surgery procedure.

You will be asked to lie down with your head on a pillow. Your surgeon will place markings on your eyelid/s, followed by a local anaesthetic injection to the eyelid area where surgery will be performed. You will be sedated by the anaesthetist during this time. As such, you will not feel pain during the surgery.

EYELID SURGERY POST-OPERATIVE INSTRUCTIONS

This section provides key information for after-care in patients who have undergone eyelid surgery. Taking these precautions may help to reduce risks and complications.

The time frames stated are rough guides, and may differ from patient to patient. Always clarify any doubts with your doctor.

THE FIRST FEW DAYS AFTER SURGERY

What to expect

- The eye on the operated side of the eyelid may have slight redness or swelling which may last for 1 to 3 weeks.
- Effects from the local anaesthetic will wear off over 1 – 2 days, including:
 - Numbness over the injected side of the face
 - Light headaches
 - Double vision
- The eyelid will be swollen or bruised. This usually lasts for 1 to 2 weeks.
- There may be mild pain in the operated eyelid, which should be relieved by painkillers (analgesics) that will be prescribed.
- The eye on the operated side of the eyelid will be mildly irritated and uncomfortable. This usually lasts for 1 to 2 weeks, with steady recovery.
- Vision may be slightly blurred. This usually lasts for 2 to 4 weeks, with steady recovery.
- Clinic visits: 1 visit in the first week, followed by the another visit within the next month.

What I Must Do/what Is Safe To Do

- Start all medications as prescribed.
- Apply the eye drops and ointment as instructed. Refer to the section on "Eye drop/ointment medications".
- Clean your eyes as instructed twice daily with sterile/clean cotton balls - slightly wet with sterile saline or cool boiled water, and do not allow water to enter the eye.
- Rest at home for the first 3 days.
- The following activities are safe: watching television, computer work, leaving the house to visit clean and uncrowded areas.
- There is no dietary restriction. Take plenty of fruits and vegetables to avoid constipation.

Specific Post-operative Care:

- **Please rest** at home after surgery. You should
 - Sit upright in a chair
 - Sleep with **head elevated 30 degrees for 4 to 5 days** to minimise bruising and swelling.
- **Day 1 to 3: Cold compress** 3 times a day, to reduce swelling and discomfort
 - Each session about 10 to 15 minutes.
 - Use a small ice pack or frozen peas in a clean bag, and lay it on a clean towel over the operation site.

- **Day 4 to 7: Apply warm compress** to reduce bruising.
 - Use a warm **hard-boiled egg** or a small **microwaved potato** wrapped in a clean washcloth. Test the temperature against the back of your hand before applying onto the wound.
 - Apply the warm compress against closed eyelids for about **15 minutes at least 3 times per day**.

ABOUT 1 – 2 WEEKS AFTER SURGERY

What to expect

- Eye irritation should be less.
- Vision should become more stable.
- Your Oculoplastic specialist will gradually tail off your eye drops/ointment over weeks to months.
- There may be removal of sutures (stitches) in some cases.

What I Must Do/what Is Safe To Do

- Protective sunglasses can be worn if outdoors.
- Light exercise like walking is allowed.

ABOUT 4 – 6 WEEKS AFTER SURGERY

What to expect

- Your eye should feel quite comfortable now.
- There may be removal of sutures (stitches) in some cases.
- Your Oculoplastic specialist will gradually stop your eye drops/ointment.

WHAT TO AVOID

- Avoid crowded and dusty places (1 week).
- Coughing or sneezing too hard (1 week).
- Work (usually 1 – 2 weeks hospitalisation leave is given).
- Water/Soap entering the eyes (4 weeks). (If it does get in, wash it out by instilling the eye drops prescribed). Tilt head backwards when washing your hair.
- Driving (subject to your doctor's advice).
- Carrying heavy objects (4 weeks).
- Strenuous physical activities, e.g. jogging, tai-chi, ball games (6 weeks).
- Carrying children who may accidentally poke your eye (6 weeks).
- Bending down to pick up things (6 weeks); if necessary to do so, do it with a straight back and be careful of not knocking the head when standing up.
- Rubbing/pressure on the eye (6 weeks).
- Swimming and hot tubs (6 weeks).



Image of the same patient after ptosis surgery.

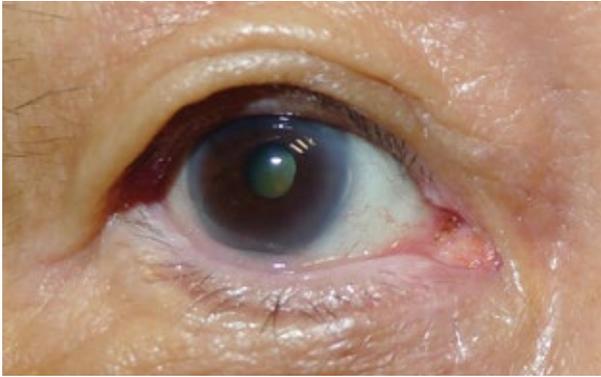


Image of the same patient after lower eyelid entropion corrective surgery.

MEDICATION

- Eye drops and all medications to be taken as prescribed (refer to the section on "Eye drop/ointment medications").
- Most other oral medications can be continued upon returning home.
- However, please note that **blood thinning agents (aspirin, anticoagulants and other antiplatelets)** can be continued only after consulting your surgeon.
- Instill eye drops before applying ointment (see on "Eye drop/ointment medications").
- Apply eye ointment (antibiotic) over the skin wound (refer to "Eye ointment application").

**Your vision may be blurred by eye ointment.

EYE DROP/OINTMENT MEDICATIONS

Eye drop treatment



1 Wash your hands before applying eye drops/touching the eye.



2 Use cool, boiled water or sterile saline to gently clean the eyelids whenever the eye feels sticky) with a sterile cotton ball.



3 Shake the bottle and remove the cap.



4 Hold the bottle close to the eye without touching the eyelid or eyelashes.

Tilt your head back, look upwards and pull the lower eyelid down.

Instill one drop into the eye.



5 Close the eye.

Do not rub the eye.

Gently dab off any excess eye drops.

Eye ointment application



Remove the cap from the tube of ointment.



Hold the tube close to the eye without touching the eyelid or eyelashes.

Squeeze a 1 cm ribbon of ointment onto a clean cotton tip applicator, or the tip of a clean finger.

Apply this on the eyelid skin wound (where the stitches are). Do not rub the eye.

It is safe even if the ointment enters the eye; it may cause very mild blurring of vision.

Gently dab off any excess ointment.

IN ALL CASES

- Keep eye drops in a cool place.
- If more than one type of eye drops are to be applied to the same eye, wait **3 to 5 minutes** before instilling the next eye drop.
- In general, eye drops need to be instilled during waking hours only.
- All bottles of eye drops should be discarded a month after opening, or upon their expiry date.

WHAT TO DO IN AN EMERGENCY?

Please call us at Tel: 8126 3632 during office hours if you experience the following:

- **Significant pain, not relieved by medication**
- **Excessive bleeding** from the wound
- **Excessive discharge** from the operated eye
- **Severe eye swelling**
- **Reduced/deteriorating colour vision**
- **Deterioration of vision**

Office hours:

- Monday – Friday: 8am – 5pm
- Saturday: 8am – 12noon

*Closed on Sundays and Public Holidays.

After office hours, you are advised to seek treatment at the Emergency Department (A&E), Basement 1, Tan Tock Seng Hospital.

Clinic Appointments

Tel: (65) 6357 7000
Email: contact@ttsh.com.sg
Website: www.ttsh.com.sg

LASIK Enquiries

Tel: (65) 6357 2255
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Website: www.ttshlasik.com.sg



Scan the QR Code with your smart phone
to access the information online or visit
<http://bit.ly/TTSHHealth-Library>

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