

Mr Danny Morrison

Care of the eyes after lateral tarsal strip surgery

Surgery can be with local anaesthetic, with or without sedation, and sometimes under general anaesthetic. The operation takes 45 minutes. It is usual to go home the day of surgery (day case).

When you return from the operating theatre there will be a pad over the operated eye. The pad reduces swelling and keeps the eye closed. You will be given instructions about when to remove the pad, which is usually the morning after surgery.

The eyelid will feel a little sore and will be red with some moderate lid swelling and bruising. There will be sutures (stitches) just above the eyelashes on the upper lid, and below the lashes on the lower lid. Some of these will need removal by Mr Morrison on the 5th or 6th day after surgery. The remainder will dissolve or fall out during the two months after surgery. It is fine to take paracetamol or aspirin for the pain or discomfort.

Eye drops: You will be given antibiotic drops/ointment to put in the eye for 3-4 times a day for a week. **DO NOT PULL THE LOWER LID DOWN WHEN PUTTING THE DROPS IN.** It is preferable to tilt your head back when putting drops in, with the upper lid held up.

Ice packs: These help to reduce lid swelling, pain, and speeds up healing. The ice pack can be made by wrapping ice or a packet of frozen food such as peas in a plastic bag, flannel or towel. Apply the ice pack to the closed eyelid for 5-10 minutes every hour during the daytime for the first THREE days after surgery, immediately after the eye pads have been removed.

The eyelids can be cleaned of excess mucous or ointment with cool (boiled) water on a clean piece of cotton wool.

When can you swim?

No swimming until after the first clinic visit at 1-2 weeks. Please check first with Mr Morrison. If you must swim then watertight goggles can be worn.

Can I have a bath or shower? What about hair washing?

Yes, but avoid saturating the eyes and face. A splash of water is fine. Try and avoid getting shampoo in the eyes, as you would normally do.

When can I go back to work?

You can expect off work for 5 days after surgery, although you may be able to return a day or two earlier than this. Dark or tinted gasses may be helpful for social occasions.

When can I wear my glasses again after tarsal strip surgery?

Straight away, as soon as the eyepad has been removed.

When can I wear make-up again?

No make-up around the eyelids or mascara or eyeliner until after the first clinic visit and suture (stitch) removal on day five or six. Please check with Mr Morrison first.

What face creams do you recommend to encourage healing?

A good quality eye cream/moisturiser such as daily Eye Repair by Liz Earle, Eye Doctor by Origins, Body Shop eye creams, E45 Eye cream.

PREOPERATIVE MEDICATIONS

Make sure you do not take any aspirin for 10 days before surgery. This reduces the bleeding and bruising. If you are on warfarin, then the dose may need to be reduced. You must discuss this with Mr Morrison and liaise with your GP or physician about changing your warfarin dose. If in doubt, check with your GP that this is OK. Aspirin and warfarin can be taken as normal the day after surgery.

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ARNICA is recommended. Take Arnica tablets for 10 days before surgery. These can be purchased from most chemists.

When do I have to come back to the eye clinic?

The eye is usually checked after three to seven days after surgery, then at 1-2 months.

What problems can occur after tarsal strip surgery?

A wound infection and the need to be admitted to hospital is very unusual. The eyelid may be too tight in the corner or uncomfortable where it has been reattached to the bone on the outer corner of the eye. This usually settles after a few weeks. The eyelid contour (profile) may be slightly different or not perfectly symmetrical with the other side.

Contact my secretary or personal assistant if there is severe pain and the eyelid cannot be opened because of excessive lid swelling. This can be a sign of infection or reaction to the antibiotic/steroid drops given.