PEELVISION
Advanced Eye Surgery

BEFORE EYELID/PLASTIC SURGERY

A. Your regular medications:

1. Blood-thinning (anticoagulant) medication:

Our general advice for your blood-thinning medication is to continue them unless advised to stop.

If Dr Then wishes to stop your blood-thinning medication, she will write directly to your GP/Specialist for confirmation as to whether it is safe for you to stop (or reduce) these medications before your surgery, and we will then advise you of their instructions.

In some cases, we may also ask your GP/Specialist to provide medical clearance for your surgery. If you have had recent heart surgery or a stroke, then it may not be safe for you to have surgery within 6-12 months of the event.

Please DO NOT stop your blood thinning medication on your own, without first seeking the advice of your GP/specialist or our rooms.

If you have experienced a serious medical episode since your consultation with Dr Then, please advise our office.

The anaesthetist for your surgery will also discuss your blood thinning medication with you before your surgery.

2. Diabetic/Weight loss medications (GLP-1 and GLP-1/GIP drugs: Ozempic/Wegovy, Mounjaro, Trulicity, Victoza, Saxenda)

You will be required to undertake a **Clear fluid diet for 24 hrs prior to the procedure**, with 6 hours fast pre-procedure.

The anaesthetist for your surgery will also advise what to do with diabetic medication prior to, and on the day of surgery.

3. All other medication:

All other medications should generally be taken up until the night of surgery unless advised otherwise by your GP/Specialist, or your anaesthetist.

B. Contact lenses:

If you wear contact lenses, you need to remove them the morning of the surgery.

C. Fasting before surgery:

You will need to fast a minimum of 6 hours prior to surgery.

- ✓ *For patients having their surgery in the morning, you may have a light snack BEFORE MIDNIGHT the night before your surgery, then water ONLY until 6.00am and NOTHING ELSE TO EAT OR DRINK UNTIL AFTER SURGERY IS COMPLETED unless otherwise advised by your anaesthetist.*
- ✓ *For patients having their surgery in the afternoon, you may have a light snack BEFORE 7am the morning of your surgery, then water ONLY until 10.30am and NOTHING ELSE TO EAT OR DRINK UNTIL AFTER SURGERY IS COMPLETED unless otherwise advised by your anaesthetist.*
- ✓ *Diabetic patients will be given specific instructions regarding this.*

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ON THE DAY OF SURGERY

1. Time of arrival

Please refer to your letter of confirmation for arrival time on day of surgery. Admission time may be subject change and if this is necessary, you will be contacted by the theatre reception or Peel Vision.

2. Transport on the day of surgery

Please arrange a driver to bring you to and from the hospital on the day of surgery. If taking a taxi home, you must be accompanied by a friend or family member. Your driver will be contacted with a time to pick you up, after your surgery has been completed.

3. Dressing for surgery

Please thoroughly clean your face and eyelids on the morning of surgery, and do not wear any make-up (particularly eyeliner or mascara) or face-creams. If you wear contact lenses, take them out on the morning of surgery.

4. Support at home on the first day of surgery

It is mandatory that you have a carer stay with you on the first night after surgery. This is a requirement to meet anaesthetic guidelines as the sedative medication used during your surgery can affect you for up to 24 hours after surgery. This carer may be your spouse, relative or friend.

Please note that your surgery will not be booked, and may also be cancelled on the day, if you have not arranged this carer.

POST OPERATIVE HEALING AND WOUND CARE

1. How to apply COOL COMPRESSES after eyelid surgery

Cold compresses may include a clean towel soaked in ice-cold water, ice cubes wrapped in a plastic bag and towel, or a commercial gel-filled eye mask. They should be commenced immediately after your eye pads are removed (see below).

Apply the compresses as often as you can (at least 4 times per day), particularly in the first 3 days after surgery. Apply the compresses for about 3 minutes, or until the cold subsides. The most benefit from cold compresses is in the first week after surgery.

2. How to apply EYE OINTMENT after eyelid surgery

This will usually be Chlorsig eye ointment, which is an antibiotic cream used to reduce the risk of infection. Commence this ointment after the eye pad has been removed and the eyelid cleaned.

The ointment should be applied 4 times per day to the eyelid skin, usually where the stitch line is. It should be applied as a thin smear, using a clean finger. It does NOT need to be put into the eye itself unless you are advised to do so by Dr Then.

Please note that the ointment is sticky and may get into your eye. If so, it may cause mild blurring in the eye. You may gently wash it out of the eye with artificial tears/lubricating eye drops to clear your vision.

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AFTER SURGERY

1. What to expect

After eyelid surgery, it is normal to develop the following:

- Bruising and swelling. This may take 6-8 weeks to completely resolve
- Bleeding from the wounds. This may occur over the first few days and can be managed with light compression with some gauze or a towel. If heavier or persistent, please contact our rooms for advice.
- Wounds looks red and bumpy and feel tender initially. They may also develop small cysts or whiteheads and feels numb. This is particularly in the first few weeks after surgery. This generally improves with time.
- Pain and discomfort. This is usually mild and can be managed with simple analgesia such as paracetamol and Nurofen.
- Visual blur. This may also occur, particularly if your lids are very swollen, or the postoperative antibiotic ointment (Chlorsig) gets into your eye. This will improve over time.

There should never be severe pain or visual problems after eyelid surgery.
If so, please call our office on 9535 4321. If after hours, we recommend seeing your GP or the emergency department if symptoms are severe.

- Scar formation. Dr Then will generally try and hide any skin incisions in your natural creases. However, it is impossible to absolutely control how you scar, as this will depend on how your skin heals. Most scars will soften and fade to a minimally visible line, but this can take 6 months or longer. Occasionally there will be permanent loss of colour (hypopigmentation) or excess colour (hyperpigmentation) in the scar. Unfortunately, this is difficult to treat if it occurs.
  We generally recommend avoiding the sun in the first 3-6 months after surgery to reduce the risk of permanent changes in the colour of your scar.
- Dry eye. This is quite common after eyelid surgery and can manifest with grittiness, foreign body sensation, watering or blurred vision. This can be managed with regular artificial tear application into the eye until the symptoms subside.

You will have sutures in your eyelid wound. They are usually either self-dissolving, non-dissolving, or both. If self-dissolving, they will take around 6 weeks to completely disappear. If non-dissolving, they will usually be removed around 10 days after surgery. Sutures may break or loosen in the early post-operative period and may lead to gaps or gapes in your skin wound which will fill in by themselves over time. This does not usually affect the outcome of your surgery.

2. Caring for your eyelids:

If you have an eye pad on, keep it clean and dry. You will be advised when the eye pad should be removed.
Once the eye pad is removed, gently bathe the eyelid with clean warm water and a clean wipe. Then:

- Begin cold compresses to the eyelids. This will help reduce bruising and swelling
- Begin the prescribed antibiotic eye ointment.
- Resume your normal medication
- Take simple pain killers (eg Paracetemol) if any discomfort

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WHAT YOU *CAN DO* AFTER EYELID SURGERY

1. You may resume normal showering and your normal diet the day after surgery

2.You may resume the following when your eyelids are comfortable and your vision is clear:

- Drive (but not in the first 24 hours after surgery)
- Return to work
- Exercise, including heavy lifting and bending over

WHAT YOU *CANNOT DO* AFTER EYELID SURGERY

- Swim in the first 4 weeks after surgery
- Wear eye makeup in the first 2 weeks after surgery
- Rub the eyelid vigorously in the first 6 weeks after surgery. Be gentle with any skin sutures to avoid inadvertently breaking them.
- Wear contact lenses in the first 4-6 weeks after surgery. Dr Then will discuss when you may resume CL wear at your final postoperative check-up.

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