

Eyelid Surgery Post-operative Care & Advice



Singapore National
Eye Centre

SingHealth

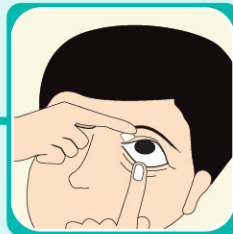
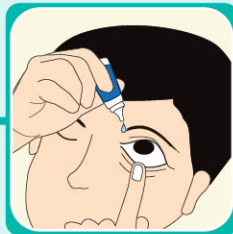
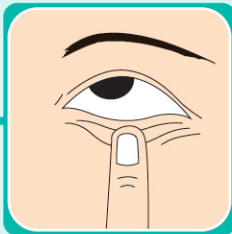
www.snec.com.sg

DO's

1 Always wash your hands before applying any medication



2 Apply eye drops / ointment (1 month)



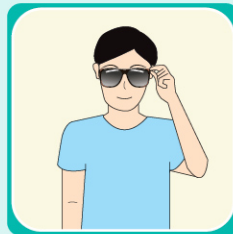
3 Perform eye dressing (1 week)



4 No food restrictions



5 Wear sunglasses when outdoors (1 week)



6 Allowed to travel



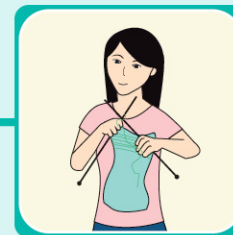
7 Can watch TV



8 Can do computer work



9 Can do near work (e.g. reading / writing / needlework)



10 Apply cold compress 3 to 4 times a day if your eyelids are swollen (if necessary)



11 Prop up your head at 45 degrees for the first 24 to 48 hours to reduce swelling



12 Simple cooking is fine (no deep frying)



13 Shower / bathe but avoid water entering eye



DON'Ts

1 Don't rub / press on eye
(2 weeks)



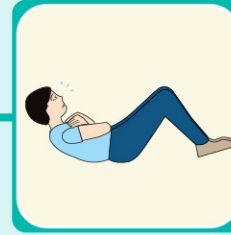
2 Don't apply
make-up (2 weeks)



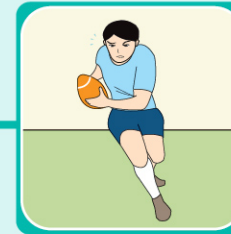
3 Don't splash water
into the eye (2 weeks)



4 Don't exercise (1 month)



6 Avoid sports (1 month)



5 Avoid swimming (1 month)



7 Don't lift heavy objects
(1 month)



8 Avoid strenuous work
(2-3 weeks)



9 Avoid wearing contact
lens (1 month)



IMPORTANT INFORMATION:

- Following eyelid operation (you may experience for a few days):
 - Some blood stained discharge may be experienced for the first few days.
 - Slight skin redness and swelling.
- Avoid crowded or dusty places.
- Should you experience or notice any of the following symptoms, please seek medical attention immediately:
 - Pain not relieved by medication

- Significant blurring of vision
- Severe swelling of the eyelid or excessive oozing

- For repeat medications or further assistance, please contact SNEC at the following numbers:
 - During office hours at 6227 7266 (Appointments)
 - After office hours at 6532 4865 (Answering Service)

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A&E), which is located at Block 1.

Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Email: appointments@sneec.com.sg Website: www.sneec.com.sg