



**FORSTER EYE SURGERY**  
3/10-12 South Street  
Forster NSW 2428  
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**POST-OPERATIVE INSTRUCTIONS FOR EYELID SURGERY INCLUDING**  
**BLEPHAROPLASTY AND**  
**ECTROPION / ENTROPION REPAIRS**

- Head elevation for 1 -2 days if possible
- Iced water compresses to lids (both eyes closed together) for 2-3 days (see below)
- Antibiotic ointment to be applied on any skin sutures 3 times per day for 1 week until sutures are removed.
- **ALSO** apply the cream **INTO** the eyes for 2 nights only.
- Keep the suture line clean – you can clean very gently with normal saline and cotton wool ball if required.

**UNLESS ADVISED OTHERWISE, RESTART BLOOD THINNERS THE DAY  
FOLLOWING SURGERY**

**ICED WATER COMPRESSES**

Iced water compresses used in the first 2 – 3 days after surgery can significantly reduce the amount of swelling and bruising you may experience.

Commence using these compresses on the day of surgery.

Apply them as frequently as possible.

- Place a clean cloth in a bowl of iced water.
- Wring out the cloth and fold it lengthways.
- Close **BOTH** eyes and place the cloth across your eyelids.
- Keep the cloth cold by wringing out in the iced water as needed.
- **DO NOT** place the cloth over one eye whilst opening the other eye. This can cause the tissue to stretch and spoil the operative result.
- **DO NOT** apply ice-packs or pieces of ice directly to the skin.
- If severe pain or marked loss of vision occurs, please contact the rooms immediately on 6555.5669 or the hospital where your surgery was performed:

- Forster Private Hospital:	6555 1333
- Mayo Private Hospital:	6552 1466
- Gloucester Hospital:	6558 5000
- Manning Rural Referral Hospital:	6592 9111