



Mr Lucian Ion FRCS(Plast)
Consultant Plastic Aesthetic and
Reconstructive Surgeon

Eyelid Surgery

Post - Operative Instructions

You can expect to have some bruising and swelling following this surgery, particularly during the first two days. You may use gel eye packs, or ice packs (you should not place the ice directly on the skin as this may burn, but instead place it in a clean cloth or flannel) intermittently to the eyes for comfort, and this will also aid in reducing swelling.

Try to rest in an upright position as much as possible, as this will also help to reduce any bruising and swelling. If you feel that your bruising is more significant on one side, or there is a change in your vision, you should ring Mr Ion's practice nurse or the hospital immediately.

Your stitches will be covered with small strips of tape, these should stay in place until your first follow when the sutures will be removed. (This is usually at 5 days following the surgery)

You will be discharged from hospital with some eye ointment, this will cover you for 5 days, and normally there is no need for further use. You may also be discharged with some antibiotics and it is important that the whole course is completed.

Strenuous exercise or anything that is likely to increase your blood pressure should not be resumed for 3 weeks. Try also to avoid leaning or stooping forward, and straining following surgery as this will reduce the risk of a secondary bleed.

You can resume your normal diet, and if taking regular pain medication other than paracetamol, we recommend that you eat plenty of fresh fruit and vegetables to avoid constipation, or commence taking a gentle laxative.

Please avoid taking aspirin/anti inflammatories as these can cause bleeding. You may recommence your usual medication as soon as you can eat or drink unless otherwise advised.

Contact Information

During office hours you are welcome to telephone or visit Mr Ion's nurse at the consulting rooms. Please call her prior to your visit on

0207 486 77 57

In an emergency or in case of doubt regarding your surgery and post operative condition, out of office hours, please contact Mr Ion's nurse on

0774 96 44 519 or the hospital where you had your surgery:

West London Clinic

0208 222 7999

The Wellington

0207 586 5959

The Cromwell Hospital
Resident Medical Officer

0207 460 2000

St Luke's Hospital

02073884954

The Hospital of
St John & St Elizabeth

0207 806 4000

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