

Following chalazion surgery

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Rest quietly indoors during the evening of the day of your surgery.

When the local anaesthetic wears off you will feel some discomfort or irritation in your eye – this is unavoidable.

Simple pain relief such as paracetamol or ibuprofen should help with the discomfort – follow instructions as per your pharmacist.

There will be bruising around the eye; this does not affect the outcome and should settle down over the following weeks.

Note that a small amount of bloody discharge from the wounds, or blood-stained tears, are normal.

Post-surgery eye drop guidelines

Use the eye drops listed below in the following order, only for the **eye that had the surgery**:

- **Chlorsig:** 4 times/day for 2 weeks (antibiotic drop)
- **Maxidex:** 4 times/day for 2 weeks (anti-inflammatory drop)
- **Chlorsig ointment:** in the eye at night for 3 days

Use **one drop only** from each bottle **4 times a day** in the operative eye.

Suggested times are: Breakfast and Lunch and Dinner and Bedtime.

Please wait at least two minutes between each drop.

It is easier to instil drops when looking in the mirror – tilt your head back and gently pull down the skin in front of your eye.

Continue to use your usual eye drops (glaucoma etc) as directed by your doctor – start a fresh bottle after the operation.

Store the drops in a cool place. The door of the fridge is suitable.

Dos and don'ts – post surgery

Dos:

- Sleep with three pillows for the first three nights
- Ice packs held over the eye will help reduce swelling – use every hour for 15 minutes the day after surgery
- Wash your hands before using your drops or cleaning your eye
- If you need to clean your eye use a clean tissue moistened with cooled boiled water. Gently clean the eye by wiping from inner eye to outer eye. Wipe once and throw the tissue away. Repeat if necessary.
- Use all eye drops as directed
- Shower or bathe but do not allow tap water on the wounds for the first few days
- Avoid heavy lifting or strenuous exercise for one week

Don'ts:

- Do not pick at the wound or scabs
- Don't forget to use the eye drops
- **Don't forget to keep all follow up appointments**

If you have any significant problems such as severe pain, decreasing vision or worsening discomfort or swelling around the eye, contact Dr Adams at **Insight Eye Surgery** on **07 3154 1515** (Brisbane) or **07 5345 5011** (Noosa) in business hours or attend your local hospital emergency department after hours.