

Ocular Plastic Surgery

Information and advice for patients

Ophthalmic Unit

Your Operation

Today you have had a

..... surgery under local anaesthetic /
general anaesthetic / sedation.

Please follow the instructions below after your operation.

If you have had local anaesthetic / general anaesthetic / sedation.

1. If you have a pad over the eye you have had operated on, this can be removed the following day.
2. You should clean the eye the following day by using a cupful of recently boiled and then cooled water. Use a few soft paper tissues and very gently wipe the lids from the inner corner outwards. You should only need to do this once.
3. Do not rub the eye
4. If you have had a local anaesthetic the surrounding area of your eye and face may remain numb for a few hours.
5. Your eyelids may be bruised and swollen for one to two weeks.
6. You may experience discomfort/pain, therefore we advise you to take the painkillers you would normally take as directed on the package.
7. If you have stitches, these will be removed at your follow-up visit to the Outpatient Department.
8. Use your drops or ointment as instructed.
9. Driving – please check with the doctors when you may drive.

If you have had a general anaesthetic or sedation

During the 24 hours following your anaesthetic or sedation, it is important to obey the following instructions as anaesthetic medication may remain in the body and gradually wear off over this period.

- You should have someone to take you home from the hospital and stay with you overnight
- Do not drive a car or any other vehicle, including bicycles
- Do not cook or use any machinery
- Avoid alcohol
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you
- Drink plenty of fluids and eat a light diet, avoiding heavy greasy foods
- Do not make any important decisions, even if they think they feel ok
- Do not be in charge of children or other people in your care
- Do not post anything on social media

Contact details

Birmingham and Midland Eye Centre

Ophthalmic Unit is 0121 507 4440 opt 4

For follow up appointment please call on 0121 507 6866/4334, between the hours of 8am to 1pm and 2pm to 3pm Monday to Friday

Eye A&E: 0121 507 4440 Option 1 from 8:30am to 7pm Monday to Friday, Saturday 9am to 7pm, Sunday and Bank Holidays 9am to 6pm

After these hours, please contact Midlands Metropolitan University Hospital (MMUH) A & E, 0121 507 3646 or 0121 507 3969.

Comments and suggestions

We hope that you have been satisfied with your care and treatment during your stay. If you feel that there is a particular area in which we could improve our service, please write to:

Directorate Manager

Birmingham and Midland Eye Centre
City Hospital
Dudley Road
Birmingham
B18 7QH

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk, or follow us on X @SWBHnhs and Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

Royal College of Anaesthetists (2025) *Caring for someone recovering from a general anaesthetic or sedation*. [online]. Available at <https://www.rcoa.ac.uk/sites/default/files/documents/2025-04/SedationCarer2025web.pdf>. (Accessed 21 July 2025).

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