

PTOSIS SURGERY

WHAT IS PTOSIS SURGERY?

Ptosis or drooping of the upper eyelid, can happen in one or both eyes. It is due to the dysfunction of the muscles that raises the eyelid and can interfere with vision. Ptosis surgery usually involves strengthening of the muscles that raises the lids.

HOW DO I PREPARE MYSELF FOR PTOSIS SURGERY?

- You will need to undergo a series of investigations to ensure your fitness for surgery. This will include a blood test and electrocardiogram (ECG).
- You may be scheduled to see an anesthetist to ensure your medical fitness to undergoing surgery.

WHAT SHOULD I DO ON THE DAY OF SURGERY?

- Fasting depends on the time of surgery.
- Unless advised by your doctor, you should take your regular medications as usual before the operation.
- Inform your doctor if you are on anti-coagulants or antiplatelet medication (drugs to thin the blood eg: Warfarin) – this will need to be stopped leading up to surgery and restarted when your doctor deems it safe to do so.
- If you are unwell leading up to surgery or have any change in your eye status – do let the team know beforehand.
- If you are diabetic and on medication, do not take your medicine or administer any injections on the day of the operation. Certain medications may require that you stop administration beforehand as well.
- If you are asthmatic and on an inhaler puff, please bring along your inhaler medication.
- Do not drive on the day of surgery.
- You are strongly encouraged to arrange for someone to accompany you on the day of surgery.
- Wash your hair and take a shower.
- Wash your face, including your eyelids.
- Do not apply make-up.
- Remove all jewelry, contact lenses or false eyelashes and nail polish.
- Wear comfortable clothing such as a loose-fitting top with front buttons and shorts or pants.

POST SURGERY ADVICE

- After the surgery, your eye may be padded and the eye pad will be removed before discharge.
- You may experience some bruising for about two weeks after ptosis surgery and possibly longer.
- Use an icepack/cold compress to reduce swelling for 48 hours following the surgery.
- Elevating the head with 2 pillows when sleeping will also help to reduce swelling.
- You can shower as normal but ensure that you dry your eyelids with a clean cloth and reapply the ointment provided after.
- Avoid excessive straining. Do not sneeze or cough forcefully.
- If you are given an eye shield, please wear it to sleep to avoid accidental injury during sleep.
- Avoid rubbing your eyes.
- Do not wear contact lenses. Please check with your doctor when you can safely resume wearing your lenses.
- Avoid heavy lifting and strenuous activities such as jogging, cycling, swimming, etc. To minimize the risk of bleeding.
- Rest at home and avoid crowded/dusty places.
- Wear a pair of sunglasses when you are outdoors.
- When in pain, take pain relief medication as prescribed by the doctor.
- You will be provided with eye drops and ointment to facilitate healing.
- There may be stitches on the eyelids which will be removed in 1 week to 10 days.
- Keep your appointment with your doctor as follow up is important to prevent complications following the surgery.

WHEN SHOULD I SEEK MEDICAL HELP?

Should you experience any of the following symptoms:

- Sudden or severe pain
- Sudden deterioration or worsening of vision
- Massive fresh bleeding that does not stop
- Excessive swelling

CONTACT US

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OPERATING HOURS:

Mondays to Fridays (8.30am to 5.30pm)

Closed on weekends and public holidays.

Proceed to NUH Emergency Department after office hours, on weekends and public holidays.

Alexandra Hospital

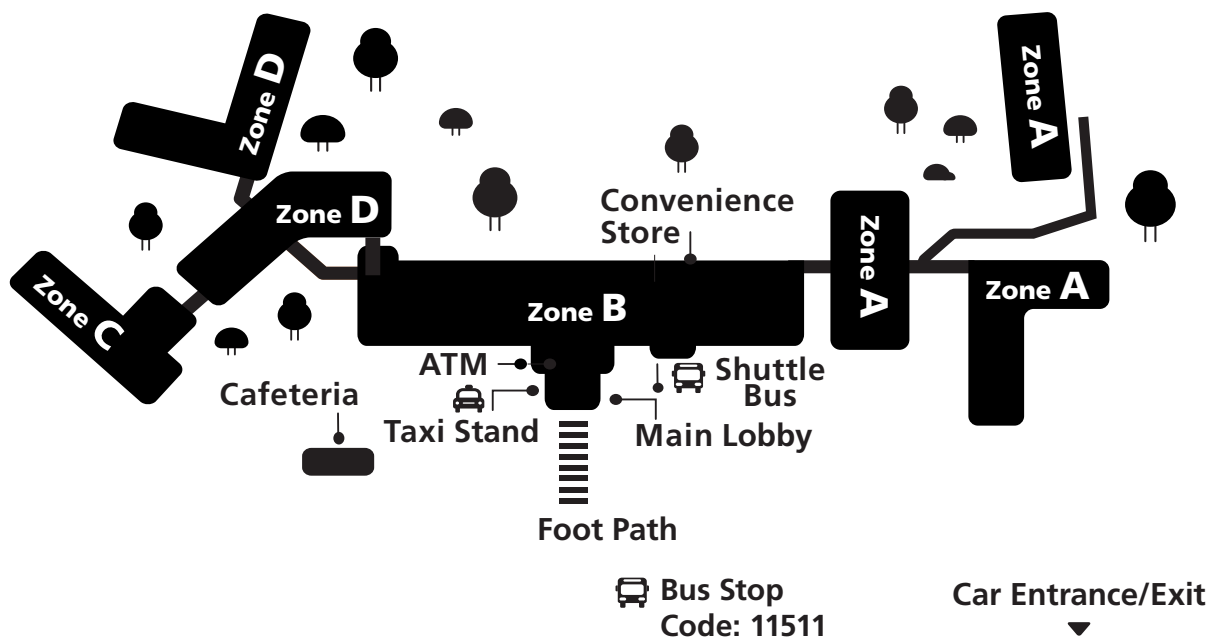
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