



Dr Julia Sen

MEDICAL . SURGICAL . AESTHETIC

Ectropion surgery

What is Ectropion?

Lower eyelid ectropion is a condition where the lower eyelid rotates outwards. As a result it may cause watering, stickiness, foreign body sensation and redness of the exposed conjunctival inner eyelid lining. It is sometimes mistaken for conjunctivitis. The eversion of the eyelid is usually the result of laxity of the eyelid which becomes more common in later life and can also be associated with certain medical conditions such as obstructive sleep apnoea. It can also occur as a result of weakness of the facial muscles or after surgery to remove lesions from the eyelid or cheek.

Treatment

In cases where there are no or few symptoms, conservative measures such as lubricant drops and/or ointment may be recommended. Surgical treatment may be necessary if the surface of the eye is compromised by the eyelid malposition. This involves tightening and reorientation of the lower eyelid. It is usually performed under local anaesthetic as a day case procedure. Absorbable sutures are usually used which dissolve and/or fall away in the weeks following the procedure.

Pre-operatively

Certain medications may need to be discontinued prior to the procedure. Foods and supplements such as ginger, garlic, ginseng, ginkgo biloba and vitamin E should be avoided for two weeks prior to surgery since they may have a similar effect.

On the day of surgery no make up should be worn. You may eat and drink as normal prior to your arrival.

Postoperative care

A dressing will be applied to the operated eye and should be removed 24 hours post operatively. If both sides have undergone surgery, usually only one side will be dressed.

Simple painkillers such as paracetamol may be useful if there is any discomfort.

Ice packs (or bags of frozen peas) wrapped in a clean pillowcase or tea towel should be applied 5 times daily for the first 3 days.

Sleeping with several pillows in order to elevate the head overnight will help to reduce swelling.

Clean your face using a clean, damp flannel, cotton wool pads or baby wipe; avoid immersing your face in water.

The sutures will dissolve and/or fall away over the weeks following the operation.

Risks

Bruising and swelling should be expected. The eye may be watery and sticky for up to two months following the procedure. This is normal and does not indicate infection. The risk of post-operative infection is low.

Please feel free to ask any questions you may have at any point prior to the procedure.