

OCULOPLASTICS
PATIENT INFORMATION LEAFLET



evolutio



OCULOPLASTICS





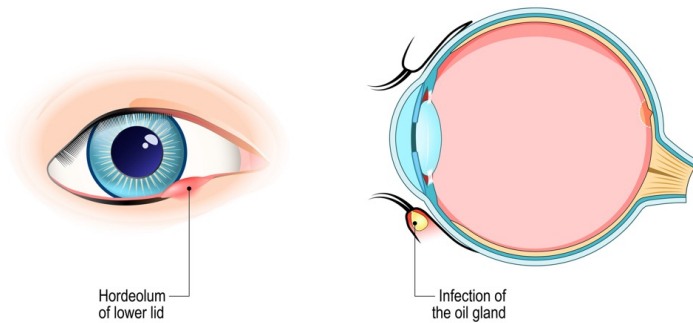
WHAT IS OCUPLASTICS?

Oculoplastics usually refers to eye surgeries which are performed around the eye, on the eyelids or surrounding skin.

EYELID LUMPS

Lumps can develop on the eyelid when the oil glands get clogged. These are usually treated with a daily warm compress and massage.

Sometimes longer lasting hard lumps called chalazion may require removal if they do not resolve themselves within 3-6 months.



EYELID LESIONS

Skin lesions can be abnormal growths or marks on the skin, such as moles, warts, cysts, or skin tags.

They may be removed for cosmetic reasons or due to concerns about the potential for skin cancer.

There are several methods for removing skin lesions, depending on the type, size, and location of the lesion.

PTOSIS

Is the drooping or lowering of the upper eyelid. It can occur due to a weakening of muscles with age, nerve problems, trauma or medical conditions.

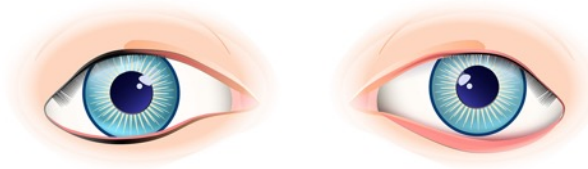


If it is mild no treatment is required but if it starts to affect the vision surgery may be required. In children, it is important to correct this issue early because if the eyelid affects the vision, it can lead to a lazy eye.

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ECTROPION

This occurs when the lower eyelid turns outward, This leaves the inner eyelid surface exposed and prone to irritation. Ectropion is more common in older adults, and it generally affects only the lower eyelid.



It is usually caused by aging, muscle weakness, scarring, or birth defects. Mild cases can be treated with artificial tears or ointments, while severe cases may require surgery.

Eyelashes affecting the eye can be temporarily removed (epilated), but they typically grow back.

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TEAR DRAINAGE SYSTEM

The punctum is a tiny opening in the inner corners of your eyelids where tears drain.

If it gets blocked, tears can overflow, causing irritation and possible infections.

To check and treat this blockage, clinicians use a procedure called syringing, where they flush the tear duct with saline solution.

Treatment might include warm compresses, eye drops, or a minor surgery called punctoplasty to reopen the punctum.

PUNCTUM PLUGS

If the punctum is too large, it can cause tears to drain too quickly, leading to dry eyes.

To help with this, clinicians might use punctal plugs, which block the punctum and keep more tears in the eye.

If the punctum is very enlarged or turning outward, surgery might be needed to fix its size or position.

BLEPHAROPLASTY

Blepharoplasty is a surgical procedure to correct the position of an eyelid, either because it is turning inwards or outwards or drooping.

These can feel uncomfortable and affect vision and quality of life. They can also result in damage to the front of the eye if left untreated.

In mild cases of entropion and ectropion botox injections can be used either temporary or long term to correct lid mal-position.

OCULOPLASTICS ON THE NHS

Evolutio clinics offer minor oculoplastic procedures through the NHS.

For information on getting referred into the service please ask your clinician or phone us on 0203 780 7860.

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WHAT HAPPENS ON THE DAY?

You will be scheduled with a fixed-time appointment to attend the clinic for a pre-op assessment and to discuss the procedure with the surgeon.

You will then be booked in for the procedure, usually within 2 to 3 weeks.

On the day of the procedure, you should ensure you have someone with you to take you home.

For most procedures you will be given a local anaesthetic to numb the area to be treated. This will take a few minutes to take effect.

The procedure will be completed in a reclining chair, similar to the dentist, in less than 20 minutes. We will then keep you in the waiting room for around 30 to 60 minutes for a final check before you go home.

We may book a follow-up appointment to check your eyes again in a week or so, depending on the clinician's findings after treatment.



A **4.5+ Star** rated
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