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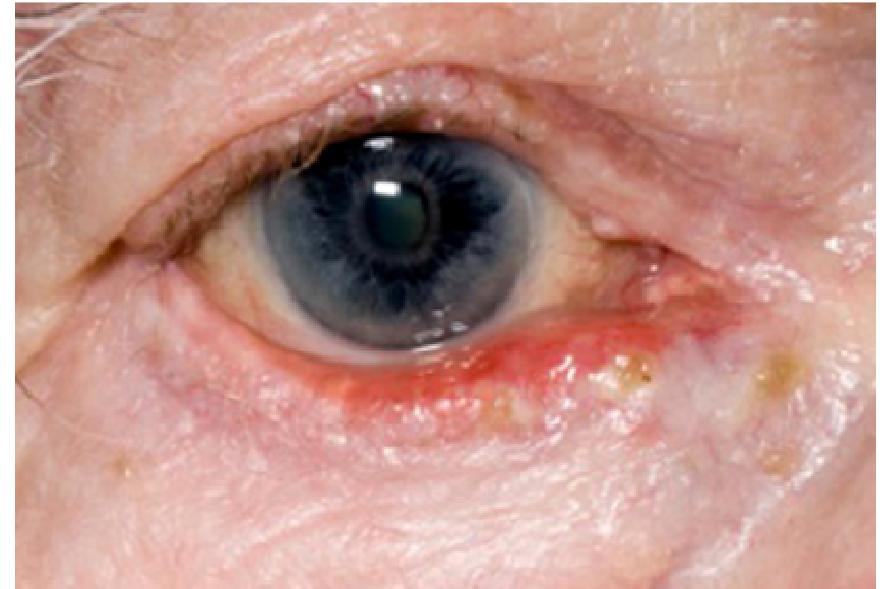
**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Ectropion

## Ophthalmology Department



Further information can be obtained by logging on to:

<http://www.nhs.uk/conditions/Ectropion/Pages/Introduction.aspx>

or

<http://www.mayoclinic.org/diseases-conditions/ectropion/home/ovc-20169256>

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### **Further Information**

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [patient.advice@asph.nhs.uk](mailto:patient.advice@asph.nhs.uk). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**Author:** Maggie Lewis

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## **How do I look after my eye after the operation?**

Once you have removed the eye pad, the area around the stitches can be carefully cleaned with cooled boiled water. Be careful not to touch the stitches. Use the eye ointment as instructed.

Some stitches dissolve by themselves, others will need to be removed in the clinic at your follow-up appointment.

## **If you have any queries or concerns, please contact the Eye Unit helplines:**

**Ashford Hospital      01784 884402**

**St. Peters Hospital    01932 722686**

## **Senior Nurses:**

**Sister, Georgina Gilson**  
Ashford Hospital

**Deputy Sister (DSR), Maggie Lewis**  
Ashford Hospital

**Ophthalmic Nurse Practitioner (ONP), Jain Sidhu**  
St. Peters Hospital

## **What is an Ectropion?**

Ectropion is a condition where the eyelid turns outwards or “droops”. It can be caused by the muscles becoming lax, or scarring pulling the lid out of alignment, or may follow conditions such as Bells Palsy. As a result the eye waters, because the tears cannot run into the tear duct. The eye then becomes dry, and feels irritable.

## **What are the signs and symptoms?**

- Watering of the eye
- Irritation of the eye
- Redness
- Dry eye
- Recurring eye infections
- Symptoms may be worse in the winter or on a windy day
- The skin around the eye may become sore
- Severe ectropions may cause embarrassment

## How are ectropions treated?

- The doctor may prescribe some artificial tear drops or ointments to help with the irritation.
- If the eye has become infected the doctor may give you some antibiotic eye drops or ointment.
- The doctor may suggest a minor operation to correct the position of the eye lid. This is carried out as a day case under local anaesthetic.

## What happens if I have an operation?

You will be asked to come to the eye ward at Ashford Hospital. It is advisable to arrange someone to drive you home, as **YOU MUST NOT DRIVE AFTER YOUR TREATMENT**. The operation is carried out in the eye theatre. The operation takes approximately 45 minutes and is carried out under local anaesthetic. After the operation you will have an eye pad on. The nurse will tell you when to remove this. You will be taken back to the eye ward, where you will be offered some refreshments.

The nurse will give you an appointment to come back to the eye clinic, usually after a few weeks, where your stitches will be removed. You will be given some antibiotic ointment to use for a week after the operation.

## Will I have any pain after the operation?

The eye may feel uncomfortable after the surgery and may also be a little bruised. Any discomfort should be relieved by using a mild painkiller such as Paracetamol.

## Do I have to stop taking my medication before I have the Operation?

If you are taking Aspirin, Clopidrogrel, Non-steroidal Anti-inflammatories (NSAIDs) e.g. Brufen, Meloxicam, Naproxen, Diclofenac etc. you will normally be advised to stop taking them for 2 weeks before the operation. If you are unsure if any of your medications fall into these categories, your GP or practice nurse will be able to advise you.

If you are taking Warfarin, you will also need to have a blood test to assess your INR prior to your surgery. The anti-coagulant clinic will advise you if you need to adjust your Warfarin dose.