Blue Fin Vision® | Aftercare Guide: After Xanthelasma Excision

Your xanthelasma excision has been completed successfully. This guide explains what to expect and how to care for your eyelids as they heal.

What to Expect

Eyelid skin heals quickly, but it often looks worse before it looks better. The following are normal:

- **Swelling and bruising:** often most noticeable on days 2 to 3, then fading over 1 to 2 weeks
- **Tenderness or tightness:** mild, along the line of the stitches. Simple pain relief such as paracetamol is usually enough
- **Itching:** common as the skin heals. Please do not scratch
- **Slight oozing:** a few spots of blood in the first 24 hours

Your Ointment

You have been given chloramphenicol ointment to protect the wounds from infection.

- **How often:** twice a day, morning and evening
- **How long:** 5 days
- **How:** wash your hands, then gently apply a small amount of ointment along each wound with a clean fingertip. Do not rub it in

The ointment goes on the wounds, not into the eye. A little in the eye is harmless, but may blur your vision briefly.

Your Wounds and Stitches

Your stitches do not dissolve. We will remove them **2 weeks after surgery**, which takes a few minutes in clinic. If you do not yet have an appointment, please call us on 07704 225 640.

- Do not rub, scratch or pick at the wounds
- Do not pull or trim the stitches, even if an end feels loose
- A cool compress held gently over closed eyelids can ease swelling in the first 48 hours

Daily Activities

- **Reading, screens, walking and light activity:** immediately. Your eyes themselves have not been operated on
- **Showering and hair washing:** from the day after surgery. Pat the eyelids dry afterwards
- **Exercise:** light exercise from 2 to 3 days. Avoid heavy sweating around the wounds until the stitches are out
- **Eye make-up:** from 2 days after surgery, kept away from the wounds. Do not apply make-up over the wounds or stitches until the stitches have been removed
- **Swimming and saunas:** avoid until the wounds have fully healed, usually around 4 weeks
- **Sun:** sunglasses outdoors while the wounds heal, then SPF 50 on the scar for 3 to 6 months to help it fade

When to Seek Advice

Call the Blue Fin Vision® team on **07704 225 640** if you notice any of the following. They are uncommon, but important to assess promptly:

- **Any sign of a wound opening:** the edges pulling apart or a gap appearing along the wound
- A stitch that has come loose or come out before your removal appointment
- Increasing pain, redness, swelling or warmth around the wound
- Pus or discharge from the wound
- Bleeding that does not stop after 10 minutes of gentle pressure

Urgent: for sudden loss of vision or severe eye pain, call us straight away on 07704 225 640. If you cannot reach us promptly, go to your nearest emergency eye department or A&E.

Final Reassurance

Xanthelasma excision is a minor procedure. The wound line may look pink or slightly raised at first, and usually fades over the following months. **Use your ointment, leave the stitches alone, and get back to living your life.**