

# Having a lateral tarsal strip procedure on your eyelid

Ophthalmology Department

Information for Patients

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## What is a lateral tarsal strip procedure?

A lateral tarsal strip procedure is a minor operation. The lower eyelid is tightened to prevent the eyelid turning out (ectropion) or rolling in on the eye (entropion).

The lid is tightened at the outer corner by stitching the outer part of the lid to the tissue covering the bone.

The procedure for either condition is carried out under a local anaesthetic which involves an injection into the eyelid skin. **This will be painful for a few moments.**

## What are the benefits?

- The procedure will tighten your eyelid margin and bring it into a better position against the eyeball.
- It should also reduce watering of the eye.

## Are there any alternatives?

The best treatment for this condition is the lateral tarsal strip procedure. You have the choice not to have the procedure, but your condition is unlikely to improve and may get worse. There are other ways of tightening the eyelid such as removing part of the lid along its length. However, in most patients the

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LTS produces a longer lasting, more effective result with less obvious scar.

## Preparing for your procedure

Your procedure is likely to take place within the Eye Outpatients minor operations room (Balmoral Level 1) or Ophthalmic Theatre (Balmoral Level 6).

The operation takes about 45 minutes for each eye. You should allow at least 2 hours, as some patients take longer to recover.

If you are having the procedure in the Ophthalmic Theatre, expect to be in all morning or all afternoon. The ophthalmic suite staff will let you know when they are ready for you. This will depend on the theatre operating list order.

Please bring any prescription medicines with you on the day of surgery.

**You will not be able to drive home after surgery.** You should come with a relative or friend who can take you home.

You can wait in the waiting areas if you have arranged hospital transport after surgery.

## What kind of anaesthetic will I have?

This is usually a minor operation which is done under local anaesthetic. This means you will be awake during the operation. You will have an injection into your eyelid to numb the area beforehand. You will also be given eye drops to make you feel more comfortable.

## What will the local anaesthetic and procedure feel like?

- The area may feel swollen or tight.
- A local anaesthetic works by blocking the way nerves carry pain signals to the brain. As it wears off you may find that you have a tingling or burning sensation. The length of time that it takes to wear off depends on what type of anaesthetic is used. It usually lasts for about 2 to 4 hours. During this time, take care not to injure the numb area as you may not feel any damage.
- The local anaesthetic may contain adrenaline. Adrenaline makes the surrounding blood vessels smaller so the area may look lighter in colour. As the anaesthetic wears off your normal skin colour will come back.
- As the local anaesthetic wears off you may find it helpful to take other pain relief.

## After the procedure

- You will have a lot of bruising which can last a few weeks.
- The operation site is closed with delicate stitches which will dissolve or absorb. **Please do not rub over these stitches.**
- There may be some blood ooze from the operation site. Use the gauze swabs given to you to lightly dab this oozing.
- The ointment you will be given should be applied to the operated eye as instructed. **It will cause the vision to blur for a short time.**
- Some of the stitches used are placed deep against the bone which can cause aching pain for a few weeks. It is important to use pain relief such as paracetamol to make sure you are comfortable.
- You can wash your face and hair straight away, but **do not** rub the area with a face flannel.
- You will be given a date for the surgeon to check how well you are healing. This is normally 4 weeks after the operation.

## How to contact us

If you have any concerns before or after your procedure please feel free to call:

Oculoplastic Specialist Nurse: 0116 204 7971 Monday to Friday - 8am to 5pm

Eye Emergency Department: 0116 258 6273

For advice Monday to Friday - 8.30am to 4.30pm

Saturday, Sunday and Bank Holidays - 8.30am to 12.30pm

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