

EDMONTON EYELIDS

— Ophthalmology & Oculoplastic Surgery —

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POST-OP INSTRUCTIONS: ORBIT SURGERY

DAY OF SURGERY

- 1. Pain management:** On the day of surgery, it is normal to have some discomfort. In some instances, your surgeon will prescribe a stronger medication for pain. If this is not provided, then taking Tylenol regularly every 8 hours for the first 24 hours is helpful.
- 2. Bleeding:** It is normal to have some continued oozing from the eyelid incisions over the first 24 hours. If significant bleeding, severe pain or a change in vision develops, please call your surgeon emergently.
- 3. Swelling:** Over the first 24 - 48 hours you can expect swelling to get worse. Use of cool compresses frequently during the first few days is very helpful. The cool compress can be applied 20 minutes on, 5 minutes off, for as many of the hours that you are awake as possible. Placing frozen peas in small ziplock bags works well to create a cool compress that moulds to the eyelids nicely.
- 4. Ointment:** You can start applying the antibiotic ointment the night of surgery. A small amount of ointment can be applied using your clean finger or a Q-tip to the eyelid incision. Place a small amount, about the size of a grain of rice, in the eye as well to keep it lubricated. It is normal for this to blur your vision.
- 5. Sutures:** In many cases a small suture will be placed between the upper and lower eyelids at the outside corner. This helps prevent the surface of the eye from drying out. It is normal for your eyelids not to open completely because of this. Do not pry your eyelids open.
- 6. Activity:** No heavy lifting or strenuous exercise for the 1-2 weeks after surgery.
- 7. Other medications:** If you regularly take blood thinners prescribed by a physician, you can re-start them 24 hours after surgery.

WHAT TO AVOID

1. Avoid Aspirin or Ibuprofen as they can thin the blood and may increase bruising or bleeding.
2. No make up over any incisions for 2 weeks after surgery

WHAT IS NORMAL

1. Oozing or bleeding from the incision site or bloody tears for the first 1-2 days
2. Swelling and bruising that gets worse for the first 2-3 days
3. Blurry vision from swelling and ointment
4. Double vision - often this improves over the first few weeks

WHEN TO CALL YOUR SURGEON

1. Sudden, severe decrease in vision
2. Severe, unrelenting or stabbing pains
3. Extreme swelling around the surgical area that is hot, firm or tense

DAY 1 - 3 AFTER SURGERY

1. **Pain management:** Continue Tylenol or prescribed pain medication on an as needed basis. Discomfort typically starts to improve on day 2 or 3 after surgery
2. **Swelling and bruising:** Over the first few days bruising will worsen, and swelling may also become more significant. Frequent use of cool compresses during this time is very helpful
3. **Ointment:** Continue applying erythromycin ointment three to 4 times per day.
4. **Showers:** You may shower and wash your hair the day after surgery. Water can run down your face, but avoid the shower stream hitting you directly in the face. If a patch was applied at the end of your surgery, avoid getting it wet.

DAY 4 - 7 AFTER SURGERY

1. **Swelling and bruising:** Throughout the first week the bruising will begin to change color, from dark purple, to yellow. Some patients find warm compresses helpful at this stage to speed resolution of the bruising. It is common for there to still be some remaining bruising at 7 days after surgery. Similarly, swelling will continue to improve. Swelling after orbit surgery can take several weeks, or in some case over a month, to completely resolve.
2. **Ointment:** You can discontinue the ointment 1 week after surgery
3. **Post-operative visit:** Your post operative visit will generally occur between days 5 and 7. The purpose of this visit is to ensure that everything is healing as expected. It is normal to still have swelling, bruising, and sometimes double vision at this point.

MONTH 1 - 3 AFTER SURGERY

1. **Swelling:** Small amounts of swelling will continue to resolve during this time
2. **Double vision:** As the eye socket continues to heal from surgery, movement of the eye slowly gets better and double vision improves.
3. **Scar:** If an incision was made in the skin of the eyelid, the scar is often slightly bumpy in the first few months. This will smooth and flatten out over time.
4. **Post-operative visit:** As the tissue heals the final outcome of surgery starts to become visible. This is usually the case around the 3 month mark, but can vary depending on the individual case.