

POST OPERATIVE INSTRUCTIONS ORBITAL SURGERY

Most procedures are performed with general anesthesia. After surgery, you may start your diet by drinking clear liquids (e.g., 7-Up, Gatorade, ginger ale, etc.). If clear liquids are tolerated well without nausea or vomiting, you may advance towards a regular diet. Avoid “fatty foods” (eg, milk, pizza, hamburgers, etc.) on the day of surgery or as long as nausea persists.

Many patients receive a prescription for a pain reliever containing both Tylenol and a narcotic. You should use the pain reliever as needed. As post operative pain lessens, you may switch to Extra Strength Tylenol. You should not take Tylenol and the prescription pain reliever at the same time. Unless specifically instructed, aspirin products such as Bayer, Bufferin, Anacin, Excedrin, etc., should be avoided for at least one week after surgery. This also includes Advil, Nuprin, Motrin and Ibuprofen. Any other medications, which you were taking prior to surgery, should be continued on their regular schedule. If using Aspirin or other blood thinners for medical reasons, resume the day after surgery.

Whenever lying down or sleeping, keep your head elevated on 2 or 3 pillows such that your head is always elevated above the level of your chest. Absolutely no bending or straining, and no lifting over 20 pounds for six weeks.

Apply cold compress to surgical site as much as possible for 3 to 4 days following surgery. A folded washcloth soaked in ice-cold water and wrung out works well for this. A bag of frozen peas also works well as it is lightweight but molds to the eye. Do not apply ice directly to the skin.

A prescription for eye ointment should be provided after surgery. This is to be gently applied to the stitches twice daily. If you were told that an incision was made on the back surface of the eyelid, apply the antibiotic ointment **in the eye** twice daily.

Avoid placing a patch on the eye if possible. If double vision is causing significant problems, you may patch one lens of your eyeglasses or lightly place a patch over the surgical site.

If your surgery involves fracture repair or orbital decompression (for Graves’ disease), you CANNOT blow your nose for six weeks.

If your surgery was done on an outpatient basis, you should receive a phone call the day after surgery to check on your progress and to arrange for a post operative clinic appointment.

The following problems should be reported to the office as soon as possible:

1. Continuous, brisk bleeding. Please note that some oozing or drainage is common following a surgical procedure. Do not try to clean dried blood from the surgical site. This will likely only create more bleeding.
2. Temperature (fever) over 101°.
3. Excessive pain at surgical site not relieved by the pain medication, especially if associated with protrusion of the eyeball.
4. Sudden loss of vision. Please note that some blurriness is expected after surgery due to the ointment used around the eyes. All patients should be able to check their vision even with eyelid swelling

If a problem should arise or you have a question, I can be reached at the following number:

- Office (913)-588-6600
- After Hours (877) 738-7286

The first post operative visit will be one to two weeks after surgery. A second post operative visit six to eight weeks after surgery will be scheduled to assess the final surgical result.

I hope that your surgery experience with us is a positive one. Please contact my office with any questions.

Jason A Sokol, MD