

POST OPERATIVE INSTRUCTIONS  
ENUCLEATION AND ANOPHTHALMIC SOCKET 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. Pay close attention to keeping well hydrated. Post operative nausea is common after this kind of surgery. While anesthesia and pain relievers may commonly cause post operative nausea and vomiting, socket surgery itself may cause nausea. For many patients, this nausea is tolerable. If the nausea and/or vomiting are significant, an anti-nausea tablet or suppository prescription may be issued.

**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 lifting, bending or straining. **Keep patch on until post-op visit.**

A suture is commonly present to hold the eyelids together to keep the “conformer” in good position.

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.
4. Persistent nausea/vomiting with inability to keep hydrated.
5. Significant drainage that is creamy, yellow or green in color.

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

- Office (913)-588-6600

The first post operative visit will be one to two weeks after surgery. If the swelling is receding well, the eyelid suture will be removed at that time, and the conformer will be left in place. A second post operative visit six to eight weeks after surgery will be scheduled to assess the final surgical result. Afterwards, a new prosthesis will be made, or your old prosthesis will be modified.

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

*Jason A. Schol, MD*