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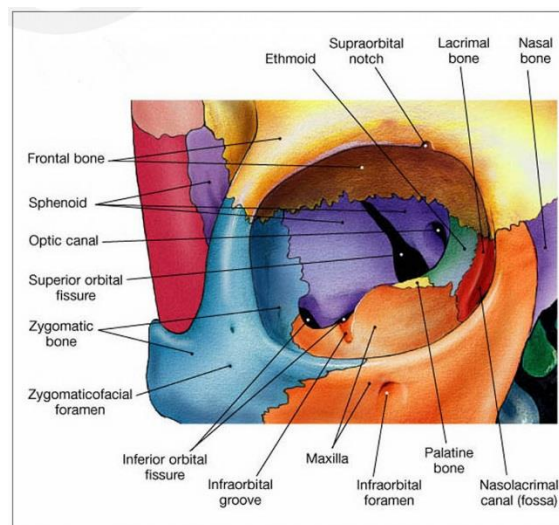
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(Surgical Booking)

## **Post-op Orbital Decompression for Grave's Disease**

Grave's disease, also known as thyroid associated orbitopathy, thyroid eye disease, and Grave's orbitopathy, is an autoimmune condition. That is, the immune system mistakenly attacks the thyroid gland, eye and orbital tissues, and skin of the lower legs in patients with the condition.

When patients with Grave's disease develop ocular symptoms, the condition is known as Grave's ophthalmopathy or Grave's orbitopathy. These patients may develop proptosis, or bulging eyes. The space between the lids may widen producing a staring appearance. Because the eye muscles are involved, some patients may develop double vision. In the worst cases, vision may be threatened to compression of the optic nerve.



## **POST-OPERATIVE INSTRUCTIONS**

- Ice (or frozen peas) 10 minutes on and 10 minutes off. Continue for two days, while you are awake. Do not leave ice on for any longer than 15 minutes - it will freeze the skin.
- Elevate the head (for nighttime sleeping) with an extra pillow or sleep in an easy chair. The ice and the elevation will help to reduce swelling.
- You can use teardrops or tear gel as often as you like, for comfort.
- You can take Extra Strength Tylenol for pain, if needed.
- Continue to use any prescribed drops or ointments given by the office.
- After a few days you can use warm compresses, if you want, for comfort.
- Be careful with blowing your nose, especially if you have had a medial decompression.

## **WHAT IS NORMAL AFTER SURGERY:**

- It is normal to have fluid collect at the lower lids where the lid and cheekbone meet. This looks like a fluid blister and will go away on its own.
- Bruising, redness and swelling often last two weeks or more and are a normal reaction to the surgery.

## **WHAT IS NOT NORMAL AFTER SURGERY:**

- **Uncontrolled swelling, bruising, pain and loss of vision is a medical emergency. If this happens contact the office immediately or go to an emergency room.**
- Excessive bleeding is rare. If you should experience excessive bleeding, apply pressure on the wound with ice packs. Lie quietly with head elevated. Go to the nearest emergency or contact the office if bleeding is uncontrolled.
- Fever