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ORBITAL SURGERY POST-OPERATIVE INSTRUCTIONS

Smoking causes poor healing and should be avoided.

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 alternated with Advil 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.

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.
- Double vision is a frequent problem after surgery but usually resolves with healing.

What is NOT NORMAL after surgery?

- Uncontrolled swelling, bruising, pain, and loss of vision are 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 you head elevated. Go to the nearest emergency department or contact the office if bleeding is uncontrolled.
- Fever

If you notice any of the above symptoms : Please call Surgical Booking at 403 245 3171 as soon as you can.