Elite Plastic Surgery
ROZBEH TORABI, MD ¤ RADBEH TORABI, MD ¤ RAMYAR TORABI, MD ¤ KRISTA SINCLAIR, FNP-C, RNFA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255| Tel. (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Chandler Suite 110, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

POSTOPERATIVE INSTRUCTIONS
EVISCERATION/ENUCLEATION SURGERY

- **Do not drive or operate machinery if the operated eye is patched.**
- **Avoid sleeping on the operated eye(s).**
- **Do not blow your nose for one week. You may sniffle in, but do not blow out. If you have to sneeze, let the air go through your mouth, if possible.**
- **Keep the eye patch on for 72 hrs.**
- **Once the patch is removed, the cold compresses should be started and continued as much as possible during waking hours. For the remainder of the day after patch removal, apply the compresses 15 minutes on and 15 minutes off until bedtime. For the next 36 hours, continue to apply the cold compresses for 10-15 minutes every hour. After 36 hours, you should switch to warm compresses at least 4 times a day until the swelling and bruising have gone away.**
- **Once the patch is removed, begin placing the prescribed ointment into the eye socket twice a day**
- **If the conformer (the hard plastic piece that looks like a contact lens) falls out, rinse it with soap and water and place it back into the eye**
- **A small amount of bloody oozing or blood-stained tears are normal in the first few days. Uncontrolled bleeding that will not stop with gentle pressure is not normal and you should call your doctor.**
- **Shower below the neck only (don't get face wet) for until the patch is removed. After the patch is removed, washing your face is permitted but do not rub your eyelids, forehead, or cheek. Gently pat dry the area. Do not rub.**
- **Avoid hot tubs, saunas, ocean/lake water and swimming pools for 2 week**
- **Please do not bend below the waist or lift things heavier than a gallon of milk for 7 days. You may continue your other activities as tolerated**
- **If you have pain, try taking tylenol. You may take up to two extra strength pills (500mg) every 8 hours OR you may take up to three regular strength pills (325mg) every 8 hours. Only use this high dosage for 3 days. After that, decrease your maximum dose to 500mg every 8 hours. You should not continue tylenol for more than 7 days. DO NOT USE TYLENOL IF YOU HAVE LIVER DISEASE.**

- **Take the oxycodone for pain not controlled by tylenol. Oxycodone can make you feel sleepy, confused, and increase your risk for falling. Do not use this medication without someone at home to help you. It can also make you itchy. If you begin to become itchy, you can take benadryl (25mg) every 6 hours as needed for itchiness. Be aware that the benadryl may make you sleepy**

- **The oxycodone can make you constipated. Be sure to drink plenty of fluids while taking the oxycodone. You can also start an over the counter stool softener like colace twice a day**

- **Take the zofran (ondansetron) dissovable tablets as needed for nausea. You may feel nauseous from the anesthesia and it is important that you do not throw up or dry heave**

- **You may resume your aspirin, aspirin-containing products or blood thinners 48 hours after your surgery. Resume all of your other medications as directed by your other physician(s).**

- **Resume your regular diet as tolerated. You may not have much of an appetite in the first few days so be sure to focus on fluids to prevent getting dehydrated**

- **As the socket is healing, it is normal to have orange tinged or red tinged fluid from the socket. This is called serosanguinous fluid and is a normal part of healing**

- **Follow up in the eye clinic as instructed prior to surgery.**

Please contact us for any increase in redness, pus-like discharge, pain or nausea not controlled with medication, bleeding that does not stop with pressure, fever greater than 100F, decrease in vision or loss of vision associated with severe pain behind your eye or any problems you wish to discuss, please contact us using the numbers listed above