

POSTOPERATIVE INSTRUCTIONS ORBITAL 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 until seen by your doctor unless instructed otherwise.
- You may experience double vision once the patch is removed.
- 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 of surgery, 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.
- You may shower and wash your hair carefully.
- You may continue your daily activities in moderation. Avoid any strenuous activity for at least 10 days after surgery.
- Resume all preoperative systemic medications as directed.
- Bring all your eye medicine tubes / bottles to our office on every visit.
- Take Tylenol tablets every four (4) hours as needed for pain. 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.
- Follow up in the eye clinic as instructed prior to surgery.

If you have loss of vision associated with severe pain behind your eye or any problems you wish to discuss, please contact us using the numbers listed below.