

******LEYNGOLD INSTITUTE FOR PLASTIC SURGERY******

**ENDOSCOPIC ORBITAL DECOMPRESSION SURGERY
POSTOPERATIVE INSTRUCTIONS**

- 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. When sneezing, gently press a clean handkerchief or Kleenex over the incision site. If your nose starts bleeding squeeze your nostrils with your thumb and index fingers and put your chin down towards your chest for at least 20 minutes. If that does not stop the bleeding, please call our emergency number (208)900-4673.
- You may cough up blood or blood clots or have blood in your tears for the next few days. This is normal and will resolve. If the bleeding does not stop, please call our emergency number (208)900-4673
- Keep the eye patch on for 24 hrs.
- You may have double vision when the patch is removed. This is expected initially and resolves in the majority of cases over a few weeks.
- 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.
- Use over the counter NeilMed Sinus Rinse to the nostril on the side of surgery before Flonase in the morning and also once in the evenings. If your nose is congested you can use NeilMed Sinus Rinse more frequently.
- 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) 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 weeks

- Please do not bend below the waist or lift things heavier than a gallon of milk for 14 days. Please abstain from strenuous activities and exercise for 14 days. You may continue your other activities as tolerated.
- Take the Medrol dose pack if prescribed. This will help with swelling. Be sure to finish the whole dose pack. If you are diabetic, be sure to check your blood sugar regularly while taking this medication
- 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) dissolvable 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 or as directed by the prescribing physician. 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
- Follow up in the 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 number listed below.

FOR ALL URGENT QUESTIONS AFTER SURGERY OR ANY CONCERNS FOR A POST-OP COMPLICATION:

- PLEASE CALL the doctor on call at (208)900-4673

Additional Information

Cold compresses- there are many options to choose from so use the one that works best for you

Frozen bag of peas- apply frozen bag onto both eyes until it warms

Cold cloth- wet a washcloth with cool water and hold over eyes until warms- this is the least effective method as the washcloth loses warmth quickly

Commercially available gel packs or microwavable pads specifically for the eyes- use as instructed by the manufacturer

Regardless of the cooling method, place cold gently over both closed eyelids until it warms.

Warm compresses- there are many options to choose from so use the one that works best for you

"Hot pillow": place 1/2 cup of dry, uncooked rice in a clean cotton sock- tie off the open end of the sock. Microwave for 30-60 seconds. Test on arm for desired heat before placing on eyelids.

Warm cloth- wet a washcloth with warm water and hold over eyes until cool- this is the least effective method as the washcloth loses warmth quickly

Commercially available gel packs or microwavable pads specifically for the eyes: use as instructed by the manufacturer

Regardless of the heating method, place heat gently over both closed eyelids until it cools.

Eye lubrication

If your eyes are dry or irritated, you will be instructed to use artificial tears throughout the day and tear ointment at night. You can find these at any drug store

Types of artificial tears- use 4-5 times per day or as otherwise instructed (if using more often, or for long period of time, use the preservative free vials)

Systane (Balance, Ultra, Gel-- also available in preservative free vials)

Refresh (Plus, Optive advanced-- also available in preservative free vials)

Genteal tears

Blink

Types of ointment (comes in a tube, not a bottle)- place small amount into eye at night (will make vision blurry)

Systane Night Time

Refresh PM

Soothe PM ointment

Genteal PM (gel or ointment)

Puralube Eye Ointment