

ORBITAL SURGERY

Orbital surgery involves the tissues surrounding and behind the eye. Most often orbital surgery is for removal or biopsy of orbital growths or trauma.

As with any kind of surgery, there are RISKS associated with this procedure. The most rare, but devastating, is irreversible loss of vision. This is due to post-operative hemorrhage, excessive bleeding and excessive swelling.

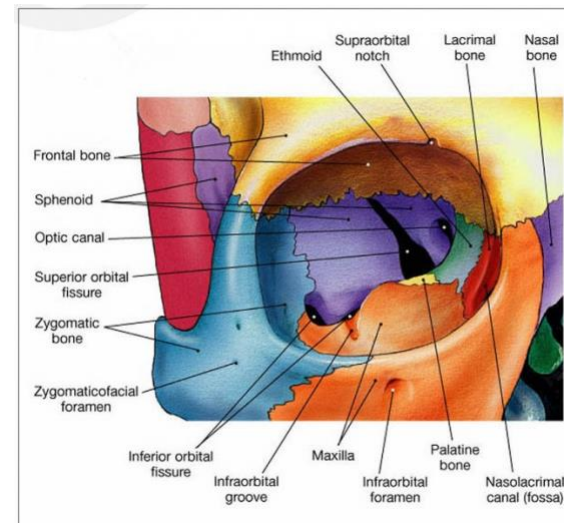
Smoking causes poor healing and should be avoided.

Pre-Operative Instructions

- You should not drive to or from your surgery. Bring a friend or relative with you.
- Blood thinners (ASA, Warfarin, Pradaxa, Xarelto) are usually discontinued 1 week prior to surgery – please contact your prescribing doctor to make a specialized plan for you. Other blood thinners such as Vitamin E, Ginko Biloba, ginger, garlic, Advil, Motrin, Naproxen, and green tea need to be discontinued a week prior to surgery.
- DO continue taking all of your regular medications, especially blood pressure medication.
- Please remove any eye make-up on the day of surgery.
- Make sure that your blood work has been completed at least 3 weeks before your surgery or as otherwise indicated by the office. Patients who have not completed their blood work could have their surgery cancelled. The blood work requisition is attached to the back of the paperwork. You do not need to fast for these blood tests.

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

RESCHEDULING/CANCELLING

If you need to cancel or reschedule your surgery, we need at least one week's notice. Please call Surgical Booking at [1 403-258-1773](tel:14032581773) as soon as you can.

Mitchell Eye Centre

220, 5504 MacLeod Trail SW, Calgary, Alberta T2H0J5 T. 403.258.1773 F. 403.258.2704

www.mitchelleyecentre.com

