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## Instructions Following Orbital Decompression Surgery

### After discharge from hospital

You should have someone to accompany you home and be with you for the first night after surgery. You should not drive or operate any machinery or do anything that requires careful decision making as your vision may not be normal and you will often have been given sedatives at the time of the surgery. You may apply **ice packs** during the first 24-48 hours to help reduce swelling and bruising. Crushed ice wrapped up in a clean face cloth works well, as does a packet of frozen peas in a clean cloth. Some pharmacies provide specially shaped and moulded ice packs that can be refrozen and reused. Take **painkillers** if you need to. These may be prescribed or you may buy simple painkillers such as Paracetamol or Paracetamol and Codeine to use.

### Applying Drops and Ointment

Apply ointment (usually Chlorsig, an antibiotic) if prescribed, to any wound and stitches 3 times a day. There may also be drops to put in the eye.

### Swelling and Bruising

It is normal for the eye and eyelids to be swollen and bruised. The amount of bruising and swelling varies from person to person, but usually increases over the first 2 or 3 days, and may spread down the face, and then gradually diminishes. Swelling is often worse first thing in the morning, and lessens during the day. Swelling often takes 2-4 weeks to completely go away.

### Discharge from the eye

Some discharge from the eye is common. It should be carefully cleaned off before applying any ointment or drops. It is often greatest in the morning.

### Other Symptoms

Pain on opening the jaw is common and will gradually diminish. Sometimes there may be some bloody discharge from the nose in the first 10-14 days. This is normal. Double vision may occur after orbital decompression surgery. If it is troublesome you can wear a patch over one eye to make it easier to get around and do things. If you have double vision you should not drive. There may be some 'wobbly' vision on chewing for a few days. Numbness is not uncommon and can take months to completely recover.

### Showering and hair washing after surgery

It is safe to shower and wash your hair after the dressing is removed provided that you apply plenty of ointment to the wounds before showering.

### Activity after surgery

Light exercise (e.g. walking) is fine. You should avoid heavy lifting, straining or strenuous exercise for the first week. Reading, television or using a computer is fine.

### Avoid blowing your nose

Avoid blowing your nose for the first 14 days after orbital decompression surgery, as it may make the eye bulge or become puffy or you may cause bleeding.