Eyelid/Tear Duct/Orbital Surgery

Thank you for choosing Georgia Regents Health System for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Follow Up:
Return to see your doctor at the GRHS Eye Care Clinic on _________ at____ am/pm.

Wound Care:
- Keep the wound patched until ______and/or shielded______________.
- Apply an ice pack to the affected area every 4 hours for 5 minutes for the first 24-48 hours.
- Place clean washcloth between eyelid and ice pack (may substitute frozen peas for ice). This will help minimize bruising and swelling after surgery.
- Warm compress to affected area 4 times per day (before applying antibiotic ointment) with clean washcloth or Q-tips to remove any crusting or dried blood; do not rub real hard as this may break open the incision; always rub toward the incision, never away from the incision.

Medications:
- Apply __________ ointment to external skin incision ________ times per day.
- Apply __________ ointment to external skin incisions _______ times per day.
  (Apply ointment with cotton applicators {Q-tips})
- __________(_____MG)- take ______pill (s) by mouth _____times per day.
- __________(_____MG)- take ______pill (s) by mouth _____times per day.
- Apply _________drops/ointment to inside _______eye (s) _______times per day.
- Apply _________drops/ointment to inside _______eye (s) _______times per day.
  (Apply 1 drop or ¼' strip of ointment with each application)
- Use over the counter saline: 2 sprays to (right/left/both) nostril (s) every 4  hours.

Medications for Pain:
Extra strength Tylenol (acetaminophen) (500mg) 1-2 pills every 4-6 hours for pain, as needed; aspirin should be avoided for 5 days after surgery.
If pain is not controlled with Tylenol, take _____________. 1-2 pills every 4-6 hours as needed. This can make you sleepy and/or constipated. Do not take acetaminophen while also taking Percocet or Davocet.
Activity:
• Do not bend below the waist or lift greater than 10 pounds; avoid heavy exertion or straining for two weeks after surgery. This can trigger re-bleeding by raising your blood pressure.
• Do not allow shower stream directly on your face. Turn back toward shower and clean your face with a clean washcloth, soap, and water.
• Do NOT work around dirty or dusty areas for one week.
• Avoid eye makeup and swimming for 2 weeks after surgery.

Vision Checks:
VERY IMPORTANT
• Check vision in your (right/left/both) eyes with the vision card provided every hour while awake for first 24 hours after surgery. Call immediately if you have progressive swelling and bruising of your eye and you are unable to see top 2 lines on vision chart provided. Mild and fluctuating blurriness is normal. When checking the vision of the affected eye, cover opposite eye (the one you aren’t testing) with the palm of your hand. Use your reading glasses or bifocals to read the vision card when checking your vision.

Common Postoperative Symptoms:
• Mild pain relieved by Tylenol
• Mild eye irritation, tearing or foreign body sensation
• Mild headache
• Blood tinged tears
• Spotty nasal bleeding
• Mildly blurred vision

Emergencies and/or causes for concern:
• Call the doctor if any change in the appearance of the wound, separation of the wound or if there is a thick yellow discharge from the wound.
• Progressive swelling and bruising of lids to the point of severely reduced vision (see vision checks above), or if the lids can’t be opened to check your vision.
• Call the doctor if moderate to large decrease in vision
• Call the doctor for any excessive bleeding or sensation of swallowing blood
• Call the doctor for severe pain unrelieved by pain medication

Emergency phone numbers:
During office hours: 706-721-1165
After office hours, weekends, or holidays: 706-721-3893

The emergency department is also available 24 hours a day.