

POST – OPERATIVE INSTRUCTIONS: ORBIT SURGERY

- 1. Enucleation and Evisceration**
 - 2. Orbitotomy for tumor removal / biopsy**
 - 3. Orbital decompression**
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1. You may resume most activities three days after surgery, except for strenuous exercise. During the first week please avoid lifting more than 5kg, and squat rather than bend over to pick things up, i.e., “keep your head above your heart”.
 2. Please continue taking our routine medications as prescribed by your primary physician but avoid aspirin or nonsteroidal anti – inflammatory drugs (NSAIDs) for at least five days after surgery because they may cause bleeding. Acetaminophen (Panadol) may be taken for pain relief.
 3. The eyelids may be cleaned as needed with moist cotton balls. Soaking the eyelids with moist compresses may help to soften any crusting. Please do not rub or scratch the eyelids.

4. For socket procedures where the globe has been removed:

	First week after surgery	Second week onwards
	Apply ointment gently to the eye socket 3 times a day	Apply ointment gently to the eye socket once a day until the next review
If there is skin incision	Apply ointment to skin wounds 3 times a day until the next review	
If there is no skin incision	Apply eye drop 3 times a day into the operated eye	

5. Some patients may require a plastic shield while sleeping for the first 2 weeks. Sleep with your head elevated on at least 2 pillows the first 2 nights after surgery.
6. Ice may be applied to the eyelids as much as tolerated during the first 48 hours to decrease swelling and discomfort. Please place the icepack on a clean, moist eye-pad or washcloth. After the first 48 hours, warm compresses may be applied twice daily for one week to help reduce inflammation. You may take a shower or wash your hair the day after the surgery. Water and soap may run over your eyes but avoid letting the shower stream hit your face directly.
7. If you have any questions or experience excessive swelling, redness, pain, bleeding or any marked change in vision at any time, please call 67162222, Mon – Fri, 8.30 AM – 6.00 PM

Notes:

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1 Jurong East Street 21, Singapore 609606

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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