

POST OPERATIVE CARE

ORBITOTOMY PROCEDURE

PLEASE READ THESE INSTRUCTIONS IN THEIR ENTIRETY

You have undergone ORBITOTOMY surgery. An orbital mass was removed from the perimeter of the eye.

After your surgery, we will call you to schedule your post op appointment.

Please do the following until your post op appointment:

SLEEP WITH HEAD ELEVATED



- Elevate your head on pillows or sleep in a reclining chair for 24-48 hours to help resolve swelling faster.

YOU MAY SHOWER



- However, do not soak the incisions. Please face away from the shower head and clean your face with a warm, damp cloth.

PRESCRIPTIONS



- Take oral antibiotics as prescribed.
- Take ZOFTRAN (ONDANSETRON) as needed for nausea.
- Take TYLENOL ALTERNATING WITH IBUPROFEN for pain. For pain not controlled with these medications contact Natural State Aesthetics clinic technician line.

OINTMENT



- **AFTER 5 DAYS**, remove the patch
- Gently moisten the incisions with the ointment.

Important: unknown allergies to antibiotic ointment can occur. Signs include intense irritation, puffy redness, itchiness, or severe pain. Stop the ointment immediately and text or call the office. If possible, please photograph, or have someone photograph, the reaction to text to the doctor for review.

ADDITIONAL INSTRUCTIONS: _____

ORBITOTOMY PROCEDURE

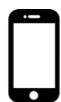
You may experience the following:

1. **BRUISING AND SWELLING IS EXPECTED.** Your eyelids will swell. Swelling can remain for 1 – 2 weeks.
2. **REDNESS AND CRUSTING OF THE INCISIONS IS EXPECTED.** This is normal healing.
3. **MILD PAIN OR SORENESS IS EXPECTED.** Take pain medications AS NEEDED. Begin with Tylenol (Acetaminophen). **AVOID ASPIRIN OR IBUPROFEN.**
4. **MILD BLEEDING FROM INCISIONS IS COMMON.** Treat with gentle pressure of a clean gauze for 10 minutes. **HIGH BLOOD PRESSURE** can worsen bleeding. Be sure to take your normal blood pressure medicine(s) as directed.

The following are **NOT** normal. **PLEASE CALL** if you are experiencing:

1. **SEVERE PAIN** not controlled with routine pain meds
2. **THICK GREEN PUS** or **SIGNIFICANT DISCHARGE** from the incision
3. **THE EYE CLOSING ENTIRELY** from swelling or bruising

<i>Who to Text or Call</i>		
Regular Hours (8a-5p, Mon-Fri)	Clinic Technician Line	479-279-6900
After Hours	Dr. Heymann's PA Ellie	913-940-7754
If you can't reach us any other way	Dr. Heymann's personal cell phone	361-739-9376



- If you are experiencing an issue, do not hesitate to text or call at any time.
- If texting, please include a helpful picture depicting the issue, your name, date of birth, date of surgery, and type of surgery.



If you are experiencing an emergency that is life or vision-threatening, or are unable to get in touch with us, call 911 or go to the emergency room.