



ALASKA FACIAL PLASTIC SURGERY & ENT
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PRE AND POST-OPERATIVE INSTRUCTIONS FOR ORBITAL OR ZYGOMA FRACTURE

BEFORE SURGERY:

1. Discontinue all **Aspirin** and **Non-steroidal Anti-Inflammatory (NSAIDs)** such as Motrin, Advil, and Aleve for 10 days prior to surgery. These medications may cause excess surgical bleeding and should be avoided. Large amounts of vitamin E and over the counter herbal supplements should likewise be discontinued. Tylenol (Acetaminophen) is the only non-prescription analgesic, which may be used before surgery. If in doubt, ask your surgeon about the medicines you may be taking. Also, if you are on any medications that affect bleeding (**Coumadin/Plavix**) please notify the office immediately.
2. You will be given prescriptions for after surgery (typically an antibiotic and pain medication).
3. Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch”. Nicotine interferes with healthy circulation, can delay healing and can result in scarring. It also places you at higher risk of complication when receiving anesthesia.

AFTER SURGERY:

- You may notice some slight oozing of blood along the incision or some bloody tears. A small amount of this is normal.
- An incision was made in the inside of the eyelid during surgery, therefore, it is normal to experience some irritation and foreign body sensation in the eye. To help this, and decrease scarring on the inside of the eyelid, ointment and/or drops may be put in the eye 3-4 times a day until seen in clinic for the post-operative visit. You can use the drops during the day and ointment at bedtime. (If ointment was prescribed).
 - ***To apply ointment:** Look up and place the ointment just above the eyelashes of the lower lid. The ointment will spread over the eye when you blink. **DO NOT PULL ON THE LOWER LID.** Using the ointment will blur your vision. If it is necessary for you to travel, please arrange for someone to drive.
- It is normal to experience minimal ache.
- Take prescribed medications as directed.
- Use ice/cold packs (frozen peas in a clean Ziploc bag work best) to help decrease swelling, bruising, and discomfort. Use them for 20 minutes on, and 20 minutes off while awake. Never put ice packs directly on the skin, place a cloth in between the pack and your skin. Ice is usually beneficial for the first 48 to 72 hours.
- Keep sutures (if present) clean and dry. Sutures will be removed during your follow-up visit.
- It is ok to shower and wash around the surgical area gently starting the day after surgery. Do not aim the water directly at the incision.

WHAT TO AVOID AFTER SURGERY:

1. Do not blow your nose for the first week after surgery as this may cause bleeding. If you have to sneeze, sneeze with your mouth open with your hand placed gently under the nose.
2. Do not bend, stoop, lift or exert yourself for 2 weeks after surgery; you will be more prone to bleeding.
3. Avoid any heavy lifting (>20 lbs.), vigorous exercise or contact sports until given permission by the doctor.
4. No swimming for two weeks following surgery.

CALL OUR CLINIC IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Increasing redness, pain or swelling.
- Bleeding
- Moderate to severe pain
- Sudden change in your vision

If you have questions or concerns following your surgery please call our office at **907-671-6017** (after hours, ask for ENT doctor on call) or call **911** for emergency.