Elmé Aesthetics and Reconstructive Techniques

Orbital Surgery Discharge Instructions

Thank you for allowing us to care for you. At Elmé, we see you as a whole person, not just a patient. We understand that surgery and recovery can be a challenging and emotional time, and we want you to feel supported, informed, and cared for every step of the way. If you ever feel unsure or worried, please reach out — your peace of mind matters to us.

How to Reach Us

- Office (Mon–Fri, 8am–4pm): (716) 320-3563
- After Hours & Weekends: (716) 214-3644

When to Call Us — We're Here for You

Please contact us immediately if you experience any of the following:

- Severe pain that does not improve with prescribed medication
- Rapid swelling around the eye or eyelids
- Bulging of the eye or new difficulty moving your eye in any direction
- Sudden change, dimming, or loss of vision that does not clear with blinking
- Persistent or heavy bleeding not relieved by gentle pressure and cold compress
- Fever over 101°F, chills, or unusual drainage from the incision

What's Normal After Orbital Surgery

- Mild to moderate swelling and bruising, often peaking 2–3 days after surgery
- Bruising around the eye may spread to the cheek or the side of the face and change colors (red → purple → green/yellow) before fading over 2–3 weeks
- Temporary numbness or tightness around the eyelids, temple, or cheek
- Mild eye irritation, tearing, or blurred vision (from ointment or swelling)
- Feeling of pressure or fullness around the eye and cheek
- Small amount of blood-tinged tears for first day or two

Taking Care of Yourself

Gentle Hands

Always wash your hands before touching the surgical area, applying medications, or adjusting any dressings.

Cold Compresses

- To help with swelling and bruising, gently apply a cold pack (like frozen peas or crushed ice in a soft damp cloth) to the area for about 20 minutes each hour while you're awake, for the first few days.
- If you have a dressing or protective shield, start Icing once it is removed, or as advised by Dr. Gonzalez.
- Please use protective shield when sleeping.

Eye Drops & Ointment

- If prescribed, use eye drops and ointments exactly as directed.
- Over-the-counter lubricating drops (without redness relievers) may be used if your eye feels dry, gritty, or watery.

Medications

- Tylenol or Extra-Strength Tylenol for mild discomfort
- Prescription pain medicine for stronger pain (take with food)
- If you take blood thinners (like Coumadin, Plavix, or Aspirin) please use as directed by prescribing provider
- Take any prescribed antibiotics or anti-inflammatory medications exactly as directed

Rest, Activity, and Healing

- Rest for the first 1–2 days — your body is working hard to heal
- **Please use shield when sleeping for 7 days.**
- Sleep with your head elevated on several pillows for the first 3–4 nights to help reduce swelling
- Avoid bending over, strenuous activity, or lifting more than 10–15 lbs for the first week (this helps prevent bleeding and pressure changes)
- Short walks are encouraged to support circulation — move gently and listen to your body
- Do not drive until your vision is clear, swelling is improved, and you are no longer taking prescription pain medication

Hygiene & Self-Care

- You may shower after surgery but avoid direct spray to the area.
- Avoid swimming, hot tubs, or soaking the incision for 2 weeks
- Wait to use eye makeup until Dr. Gonzalez says it's safe
- No contact lenses until cleared (usually 1 week for orbital surgery)

Eating & Drinking

- Eat and drink as you normally would — staying hydrated aids recovery
- Avoid alcohol the day of surgery and while using prescription pain medication
- If you experience nausea, eat small, bland meals until it settles

Healing Takes Time

Swelling and bruising will gradually improve over several weeks. Vision changes from swelling should resolve, but subtle improvements may continue for months as the tissues fully recover.If you ever feel concerned — whether about your incision, swelling, vision, or discomfort — we encourage you to call us. We would always rather hear from you than have you worry at home.

If you have any questions or concerns at any point during your recovery, please contact our team. We are here to support you.

Thank you for trusting us to be part of your healing journey.