



Patient & Family Guide
2023

Orbital Tumour Surgery



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Orbital Tumour Surgery

Why do I need orbital surgery?

- You have a tumour in your orbit (eye socket). You need surgery to remove a sample (piece) of the tumour, or to remove the whole tumour.
- A sample can tell us if the tumour has any cancer cells in it. It also tells us if we need to remove the whole tumour. This will depend on the type of tumour you have.
- Some tumours are removed without a sample being taken. Your eye doctor will talk about this with you.

Before surgery

- Please read the pamphlet *Getting Ready for Eye Surgery*.
 - › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0134.pdf
- **Please call your eye surgeon's office before surgery if you are taking:**
 - › **Blood thinners** (like ASA [Aspirin®], ibuprofen [Advil®], rivaroxaban [Xarelto®], or warfarin)

- › Blood pressure medication
- › Vitamins or herbal products
(like multivitamins, green tea, garlic, Chinese herb, vitamin E, or ginkgo)

Some of these medications may thin your blood and raise your risk of bleeding during and after surgery.

- If needed, we will make an appointment for you at the Pre-Admission Clinic.

During surgery

- You will have an anesthetic (medication to lower or prevent pain) before your surgery.
- You may have:
 - › **local anesthetic** (freezing). You will usually have sedation (medication to help you relax and fall asleep) with a local anesthetic.

or

- › **general anesthetic** (medication to put you to sleep during surgery).

Your eye surgeon will tell you which anesthetic you will get before your surgery.

- The surgery could take 30 minutes to 3 hours.
- How long the surgery takes depends on:
 - › the type of tumour you have.
 - › the size of the tumour.
 - › where the tumour is in your orbit.

Your eye surgeon will talk about this with you before surgery.

After surgery

- You will have an eye patch over your eye. The nurse or eye surgeon will tell you when you can remove the patch.
- **Do not** get the incision (cut) wet for 48 hours (2 days). It is OK to use cold compresses and ointment.

Cold compress

Place cold compresses over the bridge of your nose for the first 48 to 72 hours (2 to 3 days) after surgery.

To make and use the cold compresses:

1. Fill a large bowl with ice cubes and water.
2. Place clean facecloths in the bowl with the ice and water.

3. Place a cold facecloth from the bowl over your nose for 20 minutes. After 20 minutes, switch to a new cold facecloth from the bowl.
 4. Repeat this every 20 minutes for every hour that you are awake.
- You will get a prescription for eye ointment. Please use the ointment as prescribed.
 - Keep your head raised on 3 pillows when you are in bed for the first 2 nights after your surgery.
 - **Do not** lift more than 5 to 10 pounds for 7 days (1 week) after your surgery.
 - **Do not** swim for 14 days (2 weeks) after your surgery.

Pain

- You may have some pain when the freezing wears off. This is common.
- Take acetaminophen (Tylenol®) before your pain gets very bad. You can take acetaminophen 4 to 6 times a day.

- If your pain does not get better, take acetaminophen with codeine (like Tylenol® with Codeine No. 3). Take 1 or 2 tablets every 4 to 6 hours, if prescribed by your primary health care practitioner (family doctor or nurse practitioner).
- You may be prescribed other medications for pain, depending on the type of surgery you have.
- If you have nausea (feel sick to your stomach), you can take dimenhydrinate (Gravol™) as told by your primary health care provider or pharmacist.
- Follow the instructions on the label of any medication you take.

When will I see my eye surgeon after surgery?

- If you stay in the hospital overnight, your surgeon will visit you the next day in the hospital.
- If you go home on the same day as your surgery, we will make a follow-up appointment for you.

Call your eye surgeon right away if:

- › your vision gets worse.
- › you suddenly have more pain, redness, or swelling.
- › you have unusual drainage (fluid) from the incision (cut), like bleeding or pus.

Eye surgeon's phone:

If you cannot reach your eye surgeon:

- Call **902-473-2222** and ask the operator to page the ophthalmology resident on call or **go to the nearest Emergency Department.**

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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Please do not use perfumed products. Thank you!*
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