



Patient & Family Guide  
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# Surgery for Orbital Tumours



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## Why do I need orbital surgery?

Your eye doctor told you that you have a tumour in your eye socket (orbit). You need surgery to remove a sample of the tumour or the whole tumour.

If a sample is taken, it will tell us if the tumour has any cancer cells in it and 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.*”

- Please call your eye surgeon’s office before surgery if you are taking:
  - › Any type of blood thinners, such as ASA (Aspirin®), warfarin, ibuprofen (Advil®), etc.

- › Any type of vitamins and/or herbal supplements, such as multivitamins, green tea, garlic, Chinese herbs, vitamin E, or ginkgo.
- We will make an appointment for you at the Pre-Admission Clinic, if needed.

## **During surgery**

- The surgery may be done under:
  - › Local anesthetic with sedation (you will be awake during surgery). You will be given medications to help you relax.

### **OR**

- › General anesthetic (you will be asleep during surgery).

Your eye surgeon will talk with you about these choices.

- The surgery could take from 30 minutes up to 3 hours. The time needed will depend on the type, location, and size of the tumour. Your eye surgeon will talk about this with you before surgery.

## After surgery

- You will have an eye pad over your eye. The nurse or doctor will tell you when you can remove it.
- Place cold compresses over your closed eye and orbit for 2-3 days (48-72 hours). Place 2 facecloths in a large bowl filled with ice cubes and water. Use one facecloth at a time and change it every 20 minutes while you are awake.
- You will be given a prescription for eye ointment. Please use the ointment as prescribed.
- Keep your head raised up on 3 pillows for the first 2 nights.
- Avoid straining and heavy lifting for 1 week.
- **Do not swim in a public or private pool for 2 weeks after surgery.**

## **Discomfort**

- It is normal to feel some pain when the freezing wears off. Take acetaminophen (Tylenol®) before the pain gets very bad, 4-6 times a day.
- If the pain does not get better, take acetaminophen with codeine (e.g., Tylenol® with Codeine No. 3), 1 or 2 tablets every 4-6 hours, as prescribed by your family doctor.
- If you feel sick to your stomach, you can take dimenhydrinate (Gravol™) as instructed by your pharmacist or family doctor.
- You may be given other medications, depending on the surgery you have.

## **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, you will be given a time to visit your surgeon at their office, or at the hospital.

**Call your eye surgeon right away if you have:**

- › vision that gets worse
- › a sudden increase in pain, redness, or swelling
- › unusual drainage from the incision (cut), such as a lot of bleeding or pus

**If you are not able to contact your eye surgeon, call 902-473-2222. Ask to have the ophthalmology resident on call paged, OR go to the nearest Emergency Department.**

This pamphlet is just a guide. If you have questions, please talk to your health care provider.

We are here to help you.

