

Orbital Decompression Surgery

Patient Information

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Introduction

Decompression surgery refers to a variety of different surgical techniques done to enlarge the eye socket. There are several different reasons for undergoing decompression surgery, but the most common reason for decompression surgery is for thyroid disease.

In thyroid eye disease many patients develop bulging of the eyes that requires decompression to allow the eyes to move back closer to their normal position.

Hospital Stay

- Most patients who have decompression surgery will remain in hospital for 1–2 nights.

Medications

- Antibiotic eye ointment will often be prescribed for use on the skin incision and the eyeball.
- Oral pain medications are typically enough to control any post-operative pain.



Activities

- Patients will take close to a month to resume their normal activities.
- Avoid bending down for 2 weeks.
- Do not perform any strenuous tasks for 1–2 weeks.

Post Operative Course

- You should expect to have significant swelling and bruising around your eye.
- The swelling usually peaks at day 2 or 3 after your surgery, and the bruising takes approximately 2 weeks to resolve.
- Pain should be well controlled with oral medications.



Contact your Doctor or go to an Emergency Department if:

- There is a sudden onset of eye pain,
- There is a pressure feeling in your eye.
- There is a bulging of your eye.
- There is a decrease in your vision.

***It is normal to experience transient double vision for several weeks after decompression surgery. If the double vision continues it may require further surgery or eyeglasses to correct it.

Your next scheduled appointment with your surgeon

is on _____ at _____.

Telephone : _____