



Guidelines Following Eye Enucleation

Medications

- Check with your eye doctor before resuming blood thinners.
- Resume all your other medications as soon as you get home.
- There is usually some discomfort after surgery. Take Tylenol Extra-Strength as needed but don't take aspirin or aspirin-based products for 1 to 2 weeks after surgery unless you check with your eye doctor.
- More severe pain may require Tylenol no. 3. Your doctor will give you a prescription. Please follow the instructions on the bottle.
- If you become constipated, take a mild laxative.

Eye Dressing

- If you have an eye dressing on, do not remove it unless the doctor tells you to. The doctor will usually remove the eye dressing during a checkup a few days after surgery.
- It is normal to have some mild discharge in the first week or two after surgery.

Eye Conformer

- At the time of surgery, a conformer is placed under your eyelids. This oval plastic device is approximately the shape of the later artificial eye. It is inserted to hold the space open underneath the lids.
- If the conformer slips out (this rarely happens) don't worry. Simply wash your hands, then wash the conformer and put it back under the lids. If you can't get it back in, let your doctor's office know.
- Approximately 6-8 weeks after surgery you will go to visit the ocularist who will make your artificial eye.

Activities

- If needed, you may gently wash around the eye with a clean washcloth and warm water.
- Do NOT get soap or shampoo in your eye.
- Do NOT rub the eye.
- Do NOT wear eye make up for at least 6 weeks after surgery.

Follow up

At your follow up appointment your eye doctor will advise you of the following:

- When to resume driving.
- When to resume swimming
- When to resume heavy physical work such as shovelling snow or digging in the garden.
- When to resume playing sports, exercising or lifting weights.
- When your ocularist appointment will occur.

Call the doctor if

- You have severe eye pain not relieved by Tylenol.
- You have severe eye swelling that prevents the conformer from staying in place.
- You notice any yellow or green or pus-like discharge from the eye.

If you are unable to reach the eye doctor, please return to Misericordia Health Centre, which is open 24/7 for emergency eye care. Enter at the 99 Cornish Avenue entrance and present at patient registration. If you live outside Winnipeg, please visit the nearest health centre.