

Enucleation

Ophthalmology Clinic

4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2040 Fax: 604-875-3561
www.bcchildrens.ca

What to expect after surgery

Pain

- It is normal to have some pain for a few days. This should gradually decrease and can be controlled with painkillers like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- There may be a scratchy feeling in the eye socket. This usually goes away in a few days.

Watering and Discharge

- It is normal to have some watering and some crusting on the eyelids in the morning in the week after surgery.

Appearance of Surgical Site

- The eyelids are usually swollen and may be bruised, but this should start improving after 3 days. Then it should continue to get less and less each day and the lids should be able to open. Cold compresses for 5-10 minutes, several times a day may help.
- A temporary artificial eye (conformer) will be in the eye socket and you will see this as a clear hard plastic, when the eyes start to open. Beneath it, the white of the eye (conjunctiva) will look a little red and this is normal. The redness will improve day by day.
- There may be some watering from the eye socket and sometimes this has a bit of blood in the tears.

Wound Care

- After the operation, there will be a pressure dressing over the lids and this is protected by a plastic shield. Your surgeon will decide the timing for removing the pad, but usually it is the first few days after the surgery. The shield is kept for wearing at night for the first two weeks.
- Place a towel or absorbent pad on the pillow for the first 48 hours, in case of blood seepage.
- If your child doesn't have glasses, you should also wear the shield during the day to provide protection.
- Start the post op drops, as prescribed by your surgeon, when the pad comes off. When more than one eye drop has been prescribed and they are to be taken at the same time, allow a few minutes between drops.
- Rubbing should be discouraged as much as possible. You should keep your child's hands clean in case they do rub the surgical site.
- ***Always wash your hands before and after caring for your surgical site.***

Activity

- Your child should avoid vigorous activity for two weeks after the operation.
- They should avoid swimming for four weeks.
- It is okay to have a shower or bath but avoid getting water into the eyes by washing hair backwards and using a washcloth to wash their face.
- Your child may read, watch TV and "use their eyes" in a normal way, without fear of injuring them.

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When to See Your Child's Doctor/ Go to the Emergency If...

- Some pain, redness of the lids and conjunctiva, watering, blood in the tears and crusting are normal and should gradually improve day by day. However, if these are severe or worsening you should see your doctor as soon as possible.
- If there is bleeding from the eye socket or green discharge, call your doctor.
- If your child develops nausea and vomiting with a headache-like pain they should also be seen as soon as possible.
- There are signs of infection such as increased pain, increased eye or eyelid swelling after postoperative day 3, with a fever greater than 38.0C



Contact Information

- After hours, phone the Ophthalmology resident on call: 604-875-2161, ask for "Ophthalmology ON CALL".
- If there is an emergency and you cannot contact your surgeon's office, please call 9-1-1 or go to the emergency department at BC Children's Hospital.



Follow up

- You may already have a follow-up appointment booked with your surgeon. This is usually the day after the surgery. If not, please contact them at your earliest convenience, for your appointment.
- Remember to bring your child's glasses (if they have them) and post op drops to your appointment.

Additional Instructions:
