

**Ophthalmic Plastic and Reconstructive Surgery**

**Taking Care of Yourself After Eye Removal**

Having an eye removed can be a very difficult experience. Dr. Fountain is here to help guide you through the process.

You will likely have a patch applied by Dr. Fountain before you leave the operating room. In most cases, this patch will be left in place until your first post-operative visit 5-8 days later and removed by Dr. Fountain at that time. The patch will help minimize swelling of the tissues during the initial phase of healing.

You may shower, but avoid getting the patch wet. You may wash your hair if you can position your head/face in such a way that water does not strike the patched area. You may be given a tube of ophthalmic ointment before you leave the hospital. Hold on to this. You will be able to use it once the patch is removed.

Once your patch is removed, you may place a pea-sized dollop of ointment in the socket between the lids once at night. There will be a clear shell (sometimes with a hole in the middle) that will be holding a place for your future prosthetic eye. Sometimes, this shell, called a conformer, will pop out of the socket. This is not an emergency or a cause for alarm. You should retrieve the conformer, wash it thoroughly with soap and water and call the office. We may be able to talk you through putting it back in and if not, we can arrange for you to get in to the office for Dr. Fountain or one of her associates to re-place it. The lids may look completely closed over the eye. Once you are fit with your permanent prosthesis, you should look more balanced and normal.

You do not need to keep the “eye” covered. There is no significant risk of infection or injury to the pink tissues of the eye socket if it is left “open.” If you desire, you may purchase a black pirate patch online or from your local pharmacy to cover the area. Some people will use tape and disposable eye pads to cover the eye but this can lead to skin sensitivity over time.

About 6 weeks after your eye removal, you will see Dr. Fountain for a final socket wound check. If all looks well, she will refer you to an ophthalmologist who will take an impression mold and fit you for your final prosthesis. You will receive instruction on how to manage and care for your prosthesis. After your final ophthalmologist visit, make an appointment with Dr. Fountain so she may check the fit of the prosthesis and how it affects the position and function of your eyelids. This

will likely be your final scheduled visit with Dr. Fountain. Should you have any questions at any point, you may call us at any time.

***Please do not hesitate to page Dr. Fountain with any of the following:***

- Bleeding that cannot be controlled by pressure
- Any evidence of infection, such as colored discharge or fever 101 F
- Nausea or vomiting

**If you need Dr. Fountain after office hours, please call 847-945-6770, and leave a message for the doctor on call. Otherwise call the office, at 847-945-6770, during regular hours and ask for her coordinator, if Dr. Fountain is not available.**