

ORBITAL FRACTURE

Blow out fractures (breaks) of the orbit (eye socket) are called this because when the eye gets hit with something such as a fist or ball, it often causes a fracture in the paper thin bone in the weakest part of the orbit, called the orbital floor. This is the bottom of the cavity the eye is in. Often this fracture presents with:

- A bruise or contusion (black and blue) around the eye.
- Double vision on looking up because the muscle on the bottom of the eye may get stuck in the fracture and not allow the eye to look up normally.
- Numbness of the cheek.

This type of injury to the eye requires a complete evaluation of the rest of the eye to make sure there are no other injuries to the eye itself. Some of these injuries may include bleeding into the eye, rupture (break) of the eye and/ or dislocation of the lens. X-rays of the eye, sometimes specialized, are required for this type of injury.

Your caregiver will discuss the problems and type of fracture you have and the treatment that will be best for that problem. If surgery is the treatment of choice, the following is information for you to know and also let your caregiver know about before surgery.

LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies
- Medications taken including herbs, eye drops, over the counter medications, and creams
- Use of steroids (by mouth or creams)
- Previous problems with anesthetics or novocaine
- Possibility of pregnancy, if this applies
- History of blood clots (thrombophlebitis)
- History of bleeding or blood problems
- Previous surgery
- Other health problems

FOLLOWING SURGERY

After surgery, you will be taken to the recovery area where a nurse will watch and check your progress. Once you're awake, stable, and taking fluids well, barring other problems you'll be allowed to go home. Once home an ice pack applied to your operative site may help with discomfort and keep the swelling down. After two to three days a heating pad may be applied for fifteen minutes four times per day or as needed for comfort. Do not sleep with a heating pad.

HOME CARE INSTRUCTIONS

- Follow your caregiver's instructions as to activities, exercises, physical therapy, and driving a car.
- **WARNING:** Do not drive or operate machinery and be careful using stairs until you have full use of your injured eye. Your ability to judge distances is impaired.
- You may use acetaminophen (Tylenol®) as needed for pain and inflammation if your caregiver has not given medications which would interfere with this.
- Do not blow your nose or lift more than 20 lbs for 6 weeks. Make sure to sleep upright.

SEEK MEDICAL ATTENTION IF ANY OF THE FOLLOWING OCCUR

- Increased bruising around the eye (orbit).
- Redness, swelling, or increasing pain from the wound.
- Pus or discharge coming from wound or around eye.
- An unexplained high oral temperature
- A foul smell coming from the wound or dressing.
- Changes in or loss of vision.

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU

- Develop a rash.
- Have difficulty breathing.
- Have any allergic problems.
- Develop redness, swelling, or increasing pain from the wound.
- Develop a discharge coming from the wound or around the eye.
- Have an unexplained high oral temperature
- Develop a foul smell coming from the wound or dressing.
- Have changes in or loss of vision.