

Wentworth Health Partners Head & Neck Specialty Group of NH

361 High Street Somersworth, NH 03878
Phone: (603) 692-4500 Fax: (603) 692-4520

Office Hours: Monday - Friday 8:00am - 5:00pm
www.headandnecknh.com

ORBITAL FLOOR FRACTURE REPAIR

Sutures (stitches) should be kept clean and dry.

Apply Bacitracin Ophthalmic Ointment (you will be given a prescription for this) to the suture line 3-4 times a day.

Ice pack: 5-10 minutes on, 10 minutes off to reduce swelling. Never put ice packs directly on skin...place a cloth in between the pack and your skin. You can make your own icepack – see recipe below*.

You can expect to need narcotic pain medications for about 1 week. Take your medications regularly....don't wait for the pain to get bad; your pain medications will work better that way.

If you have a job involving desk work/reading, you will need to be out of work for one week. Manual labor type jobs will require 2 weeks.

You will return to the office about 1 week after the surgery to have your stitches removed.

**Fill a Ziploc plastic freezer bag with 1 cup of rubbing alcohol and 2 cups of water. Try to get as much air out of the freezer bag before sealing it shut. Place the bag and its contents inside a second freezer bag to contain any leakage. Leave the bag in the freezer for at least an hour.*