

## Information about an Orbit Fracture

### What is it?

Your eye socket has been broken (fractured) as part of your injury.

The eye socket, or orbit, is the bony cup surrounding your eye. Seven different bones make up the socket. The eye socket contains your eyeball and all the muscles that move it.

The eye socket is roughly pyramid shaped with the tip pointing inwards and the square base of the pyramid being the rim of the eye socket. On the skin the top of the square is the eyebrow. Any, or all of the sides of the pyramid can break, and each can be repaired if necessary. Most orbit fractures do not need surgery

Your surgeon will discuss whether surgery is a suitable treatment for your injury, discuss any other options, and explain the risks and benefits of each option.

### What is the purpose of surgery?

- To improve or cure any double vision following an eye socket fracture
- To improve any eye position change following an eye socket fracture

The decision to operate is a joint decision between the patient, the surgeon, and the ophthalmology team.

### What will the surgery not correct?

- Pre-existing sight loss
- Numbness of the cheek/nose/teeth as a result of the injury

The decision to have surgery is a joint decision between you, your surgeon, and the ophthalmology team.

### What does the surgery involve?

The surgery will involve realigning the bone and fixing it into position using a metal plate and screws which are made from Titanium. You will have a general anaesthetic which means you will be asleep.

### What are the risks?

- A scar on the lower or upper eyelid - this can result in the eyelid turning out (ectropion) or in (entropion). This is unusual but you may need further treatment.
- Infection in one or all of the metal plates used.
- Persistent change in appearance (under or over correction).
- Persistent double vision – this is unusual, but can be a problem even with a good surgical repair. A small number of cases go on to have further treatment for double vision.
- New double vision - in cases where you have had surgery for eye position reasons only.

- Loss of vision - There is approximately 1 out of 300 people risk of loss of vision following eye socket surgery. Each individual will have an individual risk which is hard to be exact about, some patients being higher risk, some lower. Your surgeon will discuss with you if you are lower or higher risk.
- There is a lifelong risk of plate infection, but this is very rare.

## **What are the benefits?**

- Improve double vision (often resolves fully)
- Improved eye position

## **Will I have a scar?**

Some orbital surgery will use a scar on the skin, and some will use a scar through the inside of the eyelid. Your surgeon will discuss which option is best in your case.

All scars are designed to be aesthetically pleasing, and it is unusual to have a problem with scarring.

## **After Surgery**

- We advise against nose blowing your nose for 6 weeks after the injury or after your surgery.
- You should avoid strenuous sport for 6 weeks, and contact sport for 3 months after your injury.

## **When can I go back to work?**

You will normally be able to return to work after 7-10 days. This will usually be after your clinic appointment following the surgery. Some jobs will require longer periods off work, and your surgeon will advise you on timescales at your clinic appointment.

## **What follow-up do I need?**

You need to stay in hospital for at least 6 hours following the surgery - this usually means overnight.

You will have a follow up appointment 6 weeks after your surgery to make sure your fracture is healing. Most patients will be discharged after 6 weeks.

Your surgeon may request scans or an assessment by the ophthalmology team as part of your care.

## **Any questions**

This leaflet is a guide and if you have any specific questions please discuss these with the surgical team.

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