

ORBITAL (EYE SOCKET) FRACTURES INFORMATION LEAFLET

Orbital Fractures

The orbit — or eye socket — is a delicate framework of thin bone that protects and supports your eye. An injury here can affect not only your vision, but also the position of your eye, the movement of your eyelids, and the overall appearance of your face.

Between us, we have treated thousands of orbital fractures at the Royal London Hospital in Whitechapel — one of Europe’s busiest major trauma centres. Our work there has involved everything from straightforward “blowout” fractures to the most complex multi-wall reconstructions. This high-volume, specialist experience means we can quickly recognise subtle injuries, plan precise treatment, and anticipate long-term issues before they develop.

Common Causes and Symptoms

Orbital fractures are usually caused by a blow to the eye area — from a fall, sports injury, assault, or road traffic collision. Symptoms can include:

- Blurred or double vision
- Pain or difficulty moving the eye, especially when looking up or down
- Swelling and bruising around the eye
- Numbness in the cheek, upper lip, or side of the nose
- The eye appearing sunken or sitting lower than before

Even if symptoms seem mild, untreated damage can lead to permanent problems.

Do All Orbital Fractures Need Surgery?

Not every fracture needs an operation. If the fracture is small, and there is no trapped muscle or risk to vision, careful monitoring may be all that’s required. We recommend surgery when:

- Eye movement is restricted due to muscle entrapment
- Persistent double vision is present
- The eye is starting to sink back into the socket (enophthalmos)
- The fracture is large enough to affect long-term appearance or function.

What Does Surgery Involve?

Orbital surgery requires precision. Using small, hidden incisions — often inside the lower eyelid — we access the fracture, gently release trapped tissues, and rebuild the damaged bone. Smooth titanium or medical-grade implants are shaped to restore the natural contour of the orbit and support the eye in its correct position.

Recovery And Follow-Up

Most patients go home the same day or after one night. Swelling and bruising improve steadily in the first week, and most return to daily activities within two weeks. We provide clear aftercare guidance, schedule follow-ups, and work closely with orthoptic specialists to ensure the best possible recovery of movement, vision, and appearance.

When you trust us with your care, you are choosing two surgeons whose combined expertise is recognised internationally — committed to protecting your sight and your confidence in how you look.

Why Choose Us?



Mr. Nabeel Bhatti
Consultant Maxillo-Facial Surgeon



Professor Simon Holmes
Consultant Maxillo-Facial Surgeon

Over 35 years' combined specialist experience in acute and complex cheekbone fracture repair, with a focus on precision, minimal scarring and complete aftercare.

We look forward to meeting you.

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