

## Post-operative care for adults following squint surgery

The eye will be red and a little sore. Padding the eye is not necessary. The stitches used in squint surgery normally dissolve and therefore should not need to be removed.

Drops are usually given to use three times a day for 7-10 days depending on the Doctor's advice.

The drops will be a combination of cortisone (to reduce inflammation) and antibiotic (to prevent infection). You will be sent an appointment to see the orthoptist three weeks after the operation

The following are **expected** in the first few days after surgery as part of the recovery process

- Some white mucous discharge in the morning upon awakening and periodically during the day. You may bathe the eye to make it feel more comfortable. Wash your hands first then dip some clean cotton wool in some boiled cooled water and bathe over the top of the eyelids with the eye closed.
- A sensation of 'something in the eye.' This is due to the stitches and will gradually settle in the first two weeks. **The stitches dissolve on their own.**
- Periodic production of tears from the eye(s) due to minor irritation from the stitches
- Double vision. This is common after some procedures but normally settles during the first few days or weeks after surgery.
- Soreness over the operated eye muscles(s). This is aggravated by movement of the eyes but normally settles in the first few days after surgery. You may need to use a simple painkiller such as Paracetamol for the discomfort.

- After surgery the surface of the eye will be red and slightly swollen over the muscle(s) that have been operated on. Most of the redness or 'bloodshot' appearance will settle within the first one or two weeks but may take up to four months to disappear completely. With each day after squint surgery the eye(s) should become less sore, less red and less watery

### General guidelines

- Baths are preferred rather than showers for the first two weeks after surgery. Hair may be shampooed during this period taking care not to allow shampoo to enter the eyes.
- Swimming in chlorinated pools should be avoided for three weeks after surgery as the eyes can become very irritated from the water.
- Lifting heavy weights should be avoided for two weeks.
- Contact sports should be avoided for two weeks.
- There are no restrictions on returning to work unless you would be returning to dirty, dusty environments or areas where there are irritating vapours or chemicals. In such cases it is recommended to wait at least two weeks due to the risk of infection.

## If you experience any of the following symptoms please contact us.

- A continuous mucousy discharge that is yellow or green coloured.
- Increased swelling of the eyelids or increased redness of the eyelids.
- Redness of the eyes that spreads to involve the entire surface of the eye, *not just over the muscle(s) operated on.*
- Significant reduction of vision in the eye.
- Increasing pain from the day after surgery.

If any of these unexpected problems arise or you need some advice please contact us either on

- Parkerswell Day Unit (normal working hours)  
**01392 406013**
- **01392 402399** (Ophthalmic Emergency Department)
- Or attend the Ophthalmic Emergency Department at the Royal Devon and Exeter Hospital (Wonford).
- **01392 406031** (Orthoptist department) during normal working hours.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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