

Patient information factsheet

After squint surgery for adults

We have given you this factsheet because you have had an operation to treat a squint. We hope it will help to answer some of the questions you may have. Follow all the advice we have given you to make sure you have a comfortable healing process.

After the operation

You may find it more comfortable to wear your glasses or sunglasses to protect the eyes on the way home. If you wear contact lenses, do not use them in the eye(s) for at least a week.

You should rest for the remainder of the day. On average, patients need one week off work and normal activities after the operation, but this can vary between patients. Some people can get back to normal after a few days while others may need up to two weeks off, particularly if they do heavy manual work.

You should avoid sports and strenuous activity for two weeks, and swimming for four weeks.

You can wash your hair, although it is best not to do this for the first day or two after the operation. Use mild baby shampoo and avoid getting water or shampoo into the eyes.

You can start driving again as soon as you feel safe and confident. However, if you have double vision after the operation, you should not drive until you have seen the orthoptist and the eye doctor and they have advised that it is safe to drive.

We will send you a follow-up appointment to see the orthoptist.

Pain relief

Your eye(s) may be uncomfortable after the operation. If you need pain relief medication, you can take some as instructed by your doctor.

Medication given in hospital:

.....

Medication next due:

..... at

Caring for your eyes

The white area of the eye(s) will be red after the operation, and there may be some discharge. You can clean and bathe the eyelids and the skin around the eyes using clean tissues and cooled boiled water.

You can start using the eye drops we have given you on the day after the operation. The drops help the eye to heal and prevent infection.

You should use the drops.....daily

at.....

in.....eye(s)

Instructions for using the eye drops:

1. Wash your hands.
2. Shake the bottle.
3. Tilt your head back and gently pull the lower lid down.
4. Put a drop in the centre of the inside of the lower eyelid. Do not let the bottle touch the eye.
5. Wipe away any excess liquid with a tissue.
6. Wash your hands.

You may find it helpful if someone else can put the drops in for you.

Infection

It is very rare to develop an infection after a squint operation.

However, if you notice any of the following symptoms, please contact us straight away as they may be signs of an infection:

- yellow discharge from the eye(s)
- persistent pain that is not relieved by paracetamol
- marked reduction in vision in one or both eyes

Contact us

If you have any concerns after the operation please contact us.

Orthoptics

Telephone: **023 8120 4789**

Monday to Friday (8.30am to 5pm)

Eye short stay unit

Telephone: **023 8120 6595** or **023 8120 8600**

Monday to Friday (7.30am to 5pm)

Eye casualty

Telephone: **023 8120 6592**

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