

## Patient information factsheet

# After squint surgery for children

We have given you this factsheet because your child has had an operation to treat a squint. It explains what to expect during recovery and how to care for their eyes at home. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, contact us using the details at the end of this factsheet. Please follow all the advice we have given you to make sure your child has a comfortable healing process.

### Going home

Your child may find it more comfortable to wear their glasses or sunglasses on the way home to help protect their eyes. We advise that your child rests for the remainder of the day.

### Pain relief

It is normal for your child's eye(s) to feel uncomfortable for a few days after the operation. You can give them pain relief medication as advised by your doctor.

Medication given in hospital:

..... at .....

Medication next due (if needed):

..... at .....

### Caring for your child's eyes

The white area of your child's eye(s) will be red after the operation, and there may be some discharge. If needed, you can gently clean their eyelids and the skin around their eyes using cooled boiled water and clean tissues.

You should start using the eye drops we have given you on the day after the operation. These drops help their eyes to heal and reduce the risk of infection.

You should use the drops ..... a day in ..... eye(s).

Your child will usually need to use the drops for four weeks. Please contact us if you start to run out of drops.

## How to give your child eye drops:

1. Wash your hands.
2. Ask your child to lie down or sit with their head tilted back. It may be helpful to have another adult assist you with this.
3. Shake the bottle.
4. Gently pull down the lower eyelid and put one drop onto the inside of the eyelid. Be careful not to let the bottle touch the eye.
5. If your child finds it difficult to keep their eye open, you can place the drop where the upper and lower eyelids meet while the eye is closed. Keep your child lying down. When they open their eye, the drop should trickle into it.
6. Wipe away any excess liquid with a clean tissue.
7. Wash your hands afterwards.

## Washing your child's hair

You can wash your child's hair after the operation, but it is best to avoid this for the first day or two. Use mild baby shampoo and avoid getting water or shampoo in their eyes.

## Returning to school and normal activities

Most children will need one week off school or nursery after a squint operation.

For at least one week, your child should avoid any activities where something could get into their eyes, such as playing with sand. Your child should avoid sports and strenuous activity for two weeks after the operation. Your child should not go swimming for four weeks after the operation.

## Your child's glasses or contact lenses

If your child wears glasses, encourage them to start wearing them again as soon as they feel well enough, unless we have advised you that they will no longer need glasses after the operation.

If your child uses contact lenses, they should not wear them while they are using the eye drops. This is usually for four weeks after the operation.

## Eye patching

If your child has been doing eye patching, do not do any after the operation until your child's next appointment. Your child's doctor or orthoptist will advise you then if eye patching is still needed and when to re-start it.

## Infection

It is very rare to develop an infection after a squint operation. However, if you or your child notice any of the following symptoms, please contact us immediately, as they may be signs of an infection:

- yellow discharge from your child's eye(s)
- severe or worsening pain that is not relieved by paracetamol
- a sudden drop in vision in one or both eyes

## Your child's follow-up appointment

We will arrange a follow-up appointment for your child two to three weeks after the operation; this may be a telephone consultation or a face-to-face appointment at the hospital. We will send you a text or letter with details of your appointment.

## Contact us

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

Orthoptic department

Telephone: **023 8120 4789** (Monday to Friday, 8.30am to 5pm)

John Atwell children's day ward

Telephone: **023 8120 6157** (Monday to Friday, 7.30am to 8pm)

Eye emergency department

Telephone: **023 8120 6592** (Monday to Friday, 8am to 7.30pm, weekends and bank holidays, 8am to 6pm)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**

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