

## Patient information factsheet

# Squint surgery for adults

**We have given you this factsheet because you are on the waiting list for an operation to correct your squint. We hope that this factsheet answers some of the questions you may have.**

## Waiting for your operation

The length of the waiting list varies. We will let you know how long it is likely to be until you have your operation. If you have any questions about the wait for the operation, please contact the eye unit admissions department or the orthoptic department.

The orthoptist may need to see you from time to time while you are on the waiting list to ensure there are no major changes with your eyes.

We will send you an appointment for the pre-admission clinic. This is usually two to four weeks before the operation. At this appointment, the nursing team will check on your general health, and the orthoptist will check your eyes. We will discuss the planned operation date with you. We will explain the operation to you and answer any questions you may have.

We will also tell you what time to arrive, where to go and what to bring with you on the day of the operation. The nurse will explain which medications you can take on the day, if any.

## Before your operation

You must be nil by mouth (no food or drink) before your operation. We will tell you what time to stop eating and drinking at your pre-admission appointment.

You should arrange your own transport to and from the hospital. After

the operation, you cannot drive yourself or take public transport to get home.

We will send you an appointment letter in the post containing the details of where and when to report to on the day of your operation. We ask all patients to arrive at the same time so that the doctor and the anaesthetist can see them before they start operating. This means that there may be a wait before your operation.

When you arrive, the nurse will take you to the day patient seating area and explain the plan for the day. The eye doctor will answer any questions and ask you to sign the consent form. The doctor will make a mark on your forehead with a felt tip pen above the eye that they will operate on. This will wipe off after the operation.

The anaesthetist will check on your health and explain the anaesthetic to you. We will ask you to change into a theatre gown before a nurse takes you down to the operating room. You can choose to walk or go in a wheelchair.

Squint surgery is done under a general anaesthetic so you will not be aware of anything during the operation. The anaesthetist will give you an injection into the back of your hand to put you to sleep. Squint operations usually take about 45 minutes.

### **After your operation**

After the operation, we will take you to the recovery room to wake up from the anaesthetic. The nurse will then take you back to the eye short stay unit where you will rest in a hospital bed until you are ready to go home.

If you have had an adjustable operation, the doctor and orthoptist will come to your room to assess your eyes and do the adjustment once you are awake and feeling well enough.

The nurse will give you a leaflet with detailed information about your aftercare.

### **When can I go home?**

The nurse will advise you when you are ready to go home. Once you are feeling well and have had something to eat and drink, you will be free to go. We cannot give you an exact time because it depends on the time of your operation and how you are feeling afterwards. Most people can go home two to four hours after the operation. Some people may need to stay in overnight.

You should have another adult with you for 24 hours after the operation.

Please bring sunglasses or your own glasses to wear on the way home to protect your eyes. You cannot wear contact lenses until a week after your operation.

### **Recovering at home**

Your eye(s) will be quite uncomfortable for a few days after the operation. While you are on the ward, the nurses will give you any medication you may need to help with any discomfort. Please make sure that you also have some pain relief medication to use after you get home, such as paracetamol or ibuprofen. We will tell you when to take your next dose of medication.

We will also give you some eye drops to use after the operation to help the eye to heal. The nurse on the eye short stay unit will explain how and when to use the drops.

The white area of the eye, where we performed the operation, will look red afterwards. This should improve in the first couple of weeks, although it can take a few months to settle. You may also notice that there is some red discharge from the eye(s) and that the eyelids are sticky when you wake up for the first few days after the operation. The nurse will explain how to clean your eyelids.

You will need to take about one week off work and full activities after the squint operation. You should also avoid sports and strenuous activities for two weeks and swimming for four weeks.

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You should not drive for the first few days after the operation. After this you can drive when you feel safe and confident to do so, provided that you do not have double vision. If you do have double vision after the operation, you should not drive. How long it will be before you can start driving again varies from person to person and depends on the type of double vision that you have, how long it lasts and what we can do to help it. Your orthoptist will discuss this with you before the operation.

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

We will give you a follow up appointment to come back to the hospital to see the orthoptist and the doctor.

### Useful links

For further information on squints, please visit the squint clinic website: [www.squintclinic.com](http://www.squintclinic.com)

### 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)

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**

Eye unit admissions department

Telephone: **023 8120 8734**

Monday to Friday (9am to 4pm)

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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)**