

# Post-operative Care Following Squint Surgery

## Information for children and their parents

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

Drops will be given to use 4 times a day for 28 days, depending on your doctor's advice. The drops will be a combination of cortisone (to reduce inflammation) and antibiotic (to prevent infection). Your nurse will demonstrate how to administer the eye drops and provide you with a written advice sheet on their administration before your discharge.

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. This can be gently removed from the eyelids by boiling a kettle of water, letting the water cool and taking a clean face cloth which has been through a hot wash and has been ironed, which will remove any potentially remaining germs. Using a clean piece of the face cloth and dipping it in the cool water, you can clean the eyelids in a clean sweeping motion. This can be repeated using a clean piece of the cloth every time.
- A sensation of 'something in the eye'. This is due to the stitches and will gradually go away within the first week or two. **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, especially in adult patients, but it usually goes away during the first few days or weeks after surgery.
- Soreness over the operated muscle(s). This is aggravated by movement of the eyes but subsides over the first few days after surgery. Your child may need some paracetamol (Calpol) for discomfort after the operation.
- After surgery the surface of the eye(s) will be red and slightly swollen over the muscle(s) that have been operated on. Most of the redness or 'bloodshot' appearance will disappear within the first one or two weeks, but may take up to 4 months to disappear completely.

You can bath or shower your child normally. 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 or school unless one 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 infections.

With each day after squint surgery, the eye(s) should become **less** sore, **less** red and **less** watery.

**If any of the following are experienced, your child should be checked.**

- A continuous mucous discharge that is markedly yellow or green coloured.
- Markedly increased swelling of the eyelids or increased redness of the eyelids.
- Redness of the eyes that spreads to involve the entire front 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, then here are some phone numbers to call for assistance:
  - **The Ophthalmic Emergency Department on 01392 404599.**
  - **The Orthoptic Department on 01392 406031.**
  - Or **Bramble Blue** on **01392 402681.**
  - Or attend the Ophthalmic Emergency Department situated in the main Emergency Department at the Royal Devon and Exeter Hospital (Wonford).

You will be sent an appointment to see the orthoptist three weeks after the operation.

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

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