

Strabismus Surgery

Instructions for patients going home after strabismus surgery



UHN

**You have had a general anaesthetic.
Do not drive a car or drink alcohol for 24 hours.**



What you can eat and drink after your operation

- You can go back to eating and drinking what you normally do as soon as you feel ready.
- If you are feeling nauseated (sick to your stomach) or vomiting, you can get anti-nausea medication from your pharmacy without a prescription (such as Gravol which you can take as a pill or rectally). Take it as directed and drink fluids until the nausea passes. Then gradually return to your normal diet.



How much activity is safe?

- Go home and rest today.
- You should gradually go back to doing your regular activities.
- Do not do any strenuous activities, exercises or sports for 4 weeks (for example no swimming, weight lifting, no contact sports, shoveling snow, gardening or jogging)
- Your surgeon will tell you when you can go back to work and sports.
- Avoid areas that are dirty, dusty, have irritating fumes or chemicals until your eyes have completely healed.

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When you can shower or bath and how to wash your eye

- You can take a shower or bath 24 hours after your operation.
- When you have a shower or wash your hair, keep your eye closed to keep water and soap out.
- Do not wash your eye with any commercial eyewashes.
- Use a clean washcloth and normal tap water to clean secretions from your lashes or corner of your eye.

How to take care of your eye(s)

- Do not touch or rub your eyes.
- Continue to apply cold compresses to your eyes for the next 48 to 72 hours after your surgery.
- You can wear your glasses as usual unless your doctor tells you not to.
- Double vision is normal. It will get better in 1 or 2 weeks.
- Moving your eye can be painful. This should get better in a few days.
- Your eye will be red and a little swollen. This will go down in 2 to 4 weeks.
- You might feel like you have something in your eye because of the stitches. This will go away in 1 or 2 weeks. The stitches will dissolve on their own.
- The stitches will cause a white or yellow mucous discharge in the eye. Gently remove this discharge from the eye with a clean cloth or cotton ball and warm water.



How to cope with your pain

- It is normal to have pain after this operation. The pain should get better in a few days.
- We may give you a prescription for pain medication. Take the prescription to a pharmacy to have it filled.
- Take the medication every 4 hours for the first 24 to 48 hours, if you are feeling pain.
- If you are having mild pain you can take 1 to 2 tablets of Advil[®] or Tylenol Extra Strength[®] as directed on the bottle.



Other medications we may give to you

You may be given a prescription for drops or ointment. This will have cortisone (to reduce redness) and an antibiotic (to prevent infection).

Take the prescription to a pharmacy to have it filled. Take the drops or ointment as directed by the pharmacist. Start them as soon you get home.

Watch for these problems

Call your surgeon or call 416-340-3155 and ask to speak to the Ophthalmology (eye) resident on call, or go to the nearest hospital emergency department if you have:

- Increased redness or swelling on your eyelid that does not get better with time.
- Increased redness of the entire eye.
- Any sudden loss of vision.
- Pus (dark yellow-greenish) discharge from the eye.
- Increased pain in the eye that does not get better with the pain medication.
- Uncontrolled or serious vomiting that does not get better with Gravol.
- A gush of fluid from your eye.

Your follow-up appointment

Doctor _____

Phone number _____

Date: _____ Time: _____

Location: _____

Special instructions for you

For more information
visit our website at
www.uhn.ca