

Strabismus Surgery

For patients going home after strabismus surgery

Read this brochure to learn more about:

- how to take care of yourself at home
- how much activity is safe to do
- how to cope with pain
- problems to watch for
- making your follow-up appointment



You have had an anesthetic or narcotic medicine.

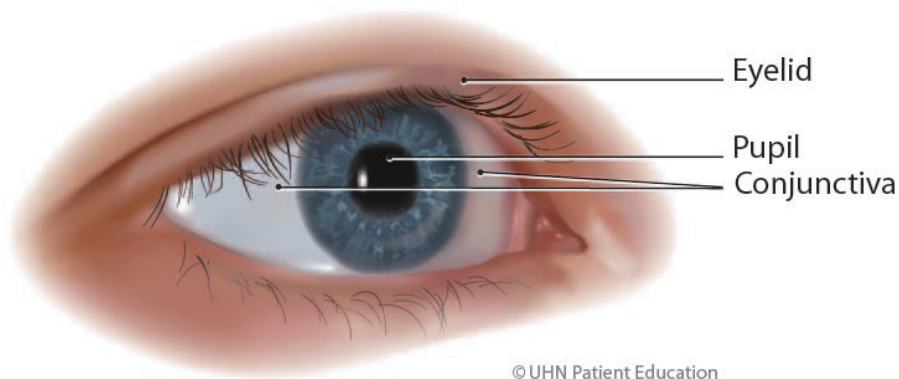
- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



What is strabismus surgery?

Your surgeon has recommended strabismus surgery because the muscles in your eyes are causing the eyes not to line up properly when looking at the same object.

The surgeon will make a small cut in the conjunctiva (the thin membrane that covers the “white” of the eye) and will loosen and/or tighten your eye muscles. After the surgery we hope both eyes will be able to work together and focus on the same object at the same time.



What can I eat and drink after my surgery?

After your surgery, you can eat and drink as usual, but for the first day start with soups and fluids. Avoid spicy foods, milk and cream products.

If you are feeling nauseated (sick to your stomach) or vomiting, you can:

- get anti-nausea medicine from your pharmacy without a prescription (such as Gravol, which you can take as a pill or rectally).
- take anti-nausea medicine 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 can go back to light activities when you feel ready, including reading, computer work and watching television.
- For 3 weeks, avoid areas that are dirty, dusty, and have irritating fumes or chemicals.



Things you should NOT do for the next 3 weeks:

- Tiring physical activities or sports like:
 - swimming
 - weight lifting
 - shoveling snow
 - gardening
 - jogging
 - contact sports (like hockey)

Your surgeon will tell you when you can go back to work and play sports again.

How do I wash my eye? When can I shower or bathe?

- Use a cotton ball and normal tap water to clean secretions from your lashes or the corner of your eye.
- Do not wash your eye with any commercial eyewash.
- 24 hours after your surgery, you can take a shower or a bath. Do not let the water come in contact with your face for 1 week.
- To wash your face, use a clean damp wash cloth for 1 week.



How do I take care of my eyes?

- **Do not touch or rub your eyes.**
- After surgery, it is normal to have double vision. This will get better in 1 or 2 weeks.
- Moving your eye may be painful. This should feel better in a few days.
- Continue to put ice cold compresses on your eyes for the first 2 or 3 days after your surgery.
- Your eye will be red and a little swollen. This will get better in 5 or 6 weeks.
- You might feel like you have something in your eye because of the stitches. This feeling will go away in 1 or 2 weeks. The stitches will dissolve on their own.
- The stitches will cause a white or yellow pus in the eye.
- You can wear your glasses as usual, unless your doctor tells you not to.
- Use an extra pillow at night for the first week to reduce swelling.

How can I cope with pain?

It is normal to have pain after this surgery. The pain should get better in a few days.

We may give you a prescription for pain medicine. Take the prescription to a pharmacy to have it filled.

- Take the medicine as directed on the bottle.
- If you have mild pain you can take ibuprofen (Advil) or acetaminophen (Tylenol Extra Strength) as directed on the bottle.



Other medications we may give you

We may give you a prescription for drops or ointment that contain cortisone and an antibiotic. The cortisone will help reduce redness and the antibiotic will prevent infection. You may have to use the eye drops for up to 3 weeks.

Take the prescription to a pharmacy to have it filled. Follow your pharmacist's instructions for taking the drops or ointment. Start the drops or ointment as soon you get home.



Watch for these problems

Call your surgeon or family doctor or come to the Toronto Western Emergency Department. If you are from out of town, go to the nearest emergency department if any of the problems below happen to you:

- Increased redness or swelling on your eyelid that does not get better with time
- More redness than usual on the entire eye
- Any sudden loss of vision
- Dark yellow-greenish pus coming from the operated eye
- Pain in the eye that does not get better after taking the pain medicine
- Uncontrolled vomiting that does not get better after taking anti-nausea medicine
- A gush of fluid from your eye



My follow-up visit

Remember to bring your health card (OHIP) to all your follow-up visits.

Location: Toronto Western Hospital
Main Pavilion – 6th floor
(Ophthalmology Technical Services Area)

Date: _____ Time: _____

Other: _____

- Dr. Kraft
Office Phone: 416 813 6123

Special instructions for you:

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