



After your Strabismus Surgery (adults)

Your follow-up appointment

Name: _____

Date/time: _____

Location: _____

What to expect after surgery

A responsible adult must accompany you when leaving the hospital and stay with you for the first night after surgery.

If your eye was patched after surgery, keep the patch on until bedtime then remove and discard it. If you were not given an eye patch, then none is needed.

The eye may be watery for the first few days after surgery. The tears may also be tinged with blood on the first day.

It is normal for your eye to look red and swollen, and to feel sore and gritty after surgery. Some patients feel only mild eye discomfort, while others may find the eyes very uncomfortable for the first few days.

All patients are given some numbing eye medication at the end of the operation. As it wears off a few hours after surgery, your eye will begin to feel more uncomfortable.

Double vision is common after surgery and usually improves within the first week or two.

You may return to work as soon as you feel fit to do so. This may be after just 2 days, or may take a week.

Pain and swelling after surgery

If needed, acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) may be taken according to the dosing instructions on the packaging. Stronger painkillers are not usually recommended after strabismus surgery.

A cold compress is also helpful to reduce pain and swelling during the first week after surgery. This should be wrapped in a clean towel and applied over the closed eyelids.

Swelling may also be reduced by using extra pillows to elevate your head at night for the first few days.

Bathing and cleaning after surgery

Your eye may be sticky or crusted after sleeping, especially on the first morning after

surgery. Gently clean away any discharge with boiled water that has been allowed to cool and a clean tissue or cotton pad.

There is no problem with having a bath or shower after surgery, but take care to avoid water entering the eyes.

Advice about eye drops

- Take your prescription for eye drops to a pharmacy on your way home.
- Start the drops in the evening on the day of surgery.
- Drops are only needed in the eye(s) that had surgery.
- One drop is enough, but if you think you missed, it is safe to put another drop in.

Activities to avoid after surgery

- Do not drive, operate machinery, or make any important decisions for 24 hours after surgery.
- Do not drive if you experience double vision.
- Avoid swimming for at least 2 weeks. This includes swimming pools, lakes, and hot tubs.
- Avoid contact sports and heavy lifting for 2 weeks.

If you have questions or concerns please contact your surgeon's office.

For urgent after-hours concerns, call the Misericordia Health Centre switchboard at 204-774-6581 and ask for the ophthalmologist on call.