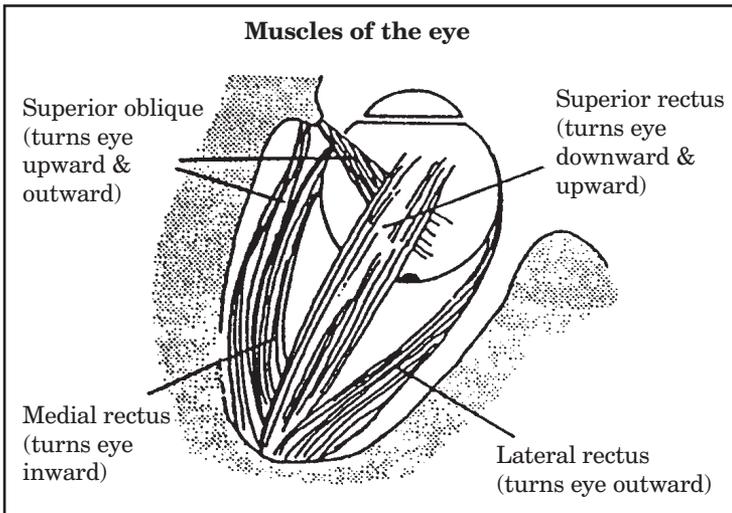


After Eye Muscle (Strabismus) Surgery

Discharge Instructions



General Information

- You have had an operation done on your eye muscles to “straighten the eyes”.
- Eye muscle surgery does not involve removing the eye from its socket or entering the inside of the eye. The eye muscles are attached to the outer surface of the eye. In order to straighten the eyes, one or more of the muscles will be operated on (see Diagram).
- Sometimes, it is not possible to tell whether your eyes are going to be straight until the anesthetic wears off. Because of this, an **ADJUSTABLE SUTURE** may be used.
- An **adjustable suture** is a stitch that is tied temporarily when you are asleep (under anesthetic).
- In the recovery room, when the effects of the anesthetic have worn off, the doctor will see if your eyes are straight.
- If your eyes are **NOT** straight, the doctor will make the suture tighter or looser.
- You will not get any medication that might make you sleepy until your sutures have been adjusted. You must be wide-awake to assist the doctor in deciding when your eyes are as straight as possible
- The process is a little uncomfortable, but not painful. “Freezing” drops will be placed in your eyes to remove the discomfort.
- The suture or stitch is absorbed and does not need to be removed by the doctor.

After surgery

- When you arrive in the recovery area, you may still be very sleepy.
- **Do not try to get out of bed without help the first time you get up.**
- **Do not touch your eye dressing until the muscle adjustment has been completed.**
- A light ice bag or cool wet compress may be applied over the operated eye(s) and the head of the bed will be raised to help reduce swelling.
- To make a cold compress at home, place a clean facecloth in a bowl of ice cubes and water. Wring out the cloth and place it over your eye for 10 minutes 4 times a day.
- There may be some clear to pink-tinged eye drainage and an itching sensation. This may continue for several days after discharge from the hospital.
- The eye(s) will be “bloodshot”. This eye redness may not clear for several weeks.
- Swelling and bruising is generally gone in 1 to 2 weeks.
- The strabismus surgery may have varying degrees of beneficial effect. Do not be concerned if the eye(s) does not move into good cosmetic position. The effect of surgery is quite variable for the first six weeks.

Activity and Rest

- Avoid strenuous activity, such as lifting or contact sports for 14 days following surgery.
- Sleep with your head elevated on 2 to 3 pillows for 5 to 7 days to reduce pain and swelling.
- Avoid swimming and activities in which sand or dirt may enter the eye for 14 days.
- There are no restrictions on reading or watching TV.
- You may return to school or work as long as you are able to comply with the above activity restrictions, or at your Doctor’s discretion.

Medication

- Eye drops or ointment will be put in your eyes after your surgery
- You may receive a prescription to use at home

Eye Exercises

- You may be asked to move your eyes up and down, and from side to side. Do this four times a day for 5 to 10 minutes at a time. This is to make sure that the muscles do not scar and will help you to see in all directions.

Home Care Instructions

- **Do NOT** rub your eye(s); avoid touching your eyes. **Wash your hands** before and after eye care.
- Gently clean your eyelids once a day. Use a clean, wet washcloth. Start cleaning at the inner corner of the eye and wipe outward. Don't use the same part of the washcloth twice. Avoid pressure on the eye(s).
- At home, protect your pillow with a towel in case of some drainage leaking from your eye.

How to Put in Eye Drops

1. Wash your hands with soap and water.
 2. Sit in a chair with your medication beside you.
 3. Check your medication to make sure you have the correct drops for each eye. Shake the bottle. Remove the bottle cap.
 4. Tilt your head backwards and pull your lower lid down toward the cheekbone. Your lower lid will be "cupped" and ready to receive the drops.
 5. Use your other hand to squeeze the ordered number of drops into the eye(s). Release the lower lid and gently close your eye for a few seconds.
 6. Gently blot any excess medication from the eye area with a clean tissue or cotton ball.
- If more than one medication is ordered for the same eye, wait a few minutes before using the next medication. Always put in drops **before** ointment.

Follow-Up Appointment

- Contact your surgeon's office to arrange for a follow up appointment in _____ days.

Notify the Doctor or go to the Emergency Department if any of the following happens:

- Sudden increase in redness of the eye(s).
- The area becomes red, swollen, warm to touch and/or you notice pus-like (yellow or green) discharge
- You develop chills or fever (38.5°C/101.3°F or higher)
- Continued eye discomfort not relieved by pain medication

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