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St Helens and Knowsley
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Squint Surgery

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Squint Surgery

Strabismus is the medical term of a squint, a condition where the eyes point in different directions. One eye may turn inwards, outwards, upwards or downwards while the other eye looks forward.

Squint surgery is a very common eye operation. It usually involves tightening or moving one or more of the outside eye muscles which move the eye to change the eye position. Stitches are used to attach the muscles in their new positions.

Post Operative Advice

You may experience double vision after surgery, as your brain adjusts to the new position of your eyes. This is common and often settles in days or weeks but may take months to improve.

You can carry on with normal activities such as reading and watching TV and sport can resumed as soon as you feel comfortable to do so.

You should take two weeks off work, and refrain from driving for 48 hours after your surgery. If in doubt check with your surgeon.

- Avoid rubbing, touching the eye with tissues, if you have stitches in, doing this may dislodge them.
- Avoid getting any soap, shampoo or water in the operated eye.
- Avoid wearing contact lenses in the operated eye (s) until you are advised it is safe to do so by your doctor or orthoptist.
- Avoid swimming for four weeks.

Tomorrow morning

- After your operation, your eye(s) will be swollen, red and sore and your vision may be blurry. Your eye may be also quite painful. Simple painkillers such as paracetamol will help .The pain usually wears off within a few days. The redness and discomfort can last for up to three months, particularly with adjustable and repeat squint operations.
- **Always wash your hands** before commencing your eye drops or bathing your eyes.
- You should have been given enough eye drops to cover the prescribed course and duration, however if you run out please contact the ward.
- If your eyes are sticky, please use cool boiled water to bathe them. Starting from the inner corner of your eye to the outer. You will have been provided with sterile gauze.

Useful Information

Your nurses today were.....

Your Surgeon/Consultant is.....

Your next appointment is..... at on the Eye Clinic .

If you have any severe pain in the eye or sudden loss of vision before your next appointment please ring:

01744 646136 / 01744 646137 Monday – Friday 9am – 5pm

Or

Ring **0151 426 1600** and ask for the on call Ophthalmologist Outside these hours or bank holidays (24 hours).