

Orthoptic Department

Going Home After Squint Surgery for Adults

This booklet aims to give you the information you need whilst recovering from Squint Surgery.

Important

If you are discharged with an eye pad you **should not drive**.

Please remember you have had major eye surgery.

Glasses

Please continue to wear glasses, as before surgery, unless directed otherwise. If you have a prism in your glasses this may need to be altered after the operation.

Pain

You may experience some discomfort. Take pain relief such as paracetamol, ibuprofen (unless you have any health problems which prevents this) or your usual pain relief medication. Please ask for advice if you are not sure.

Contact the hospital if:

- Your eye becomes more painful or more red than on the day you went home
- Bleeding from the eye



Patient Information

- Your eye develops a sticky discharge.
- Eyelid swelling
- Your vision begins to deteriorate

Contact numbers:

Surgical Day Unit	024 7696 6868
Ward 32	024 7696 5238
Miss Kipiotti's secretary (8.00am - 4.00pm)	024 7696 6504
Mr William's secretary (8.00am - 4.00pm)	024 7696 6519

In case of an emergency, which would be sudden loss of vision or severe pain, please attend the Eye Casualty Department, (Clinic 9) University Hospital Coventry

Eye Casualty Tel: 024 7696 6627

Open from:

Monday to Thursday	8.30am – 4.30pm
Friday	8.30am – 4.00pm
Saturday	8.30am – 12.00pm

Outside these opening times please attend the Accident and Emergency Department at University Hospital, Coventry

Cleaning the Right / Left Eye

- Wash your hands
- Remove the eye dressing (if you have one)
- Add a teaspoon of salt to a pint of cooled boiled water
- Dip cotton wool into the water and squeeze to remove the excess solution
- Wipe the eyelids gently from the bridge of the nose outwards. Discard after each wipe
- Repeat until the eye lids appear clean

Patient Information

- Wash your hands
- Put in the drops as instructed

You may clean the eye with this method as often as desired

Please note: If you run out of eye drops before the recommended time please contact your GP

Eye Drops: Right Eye / Left Eye

Important:

- All the Eye Drops start the following morning.
- The drops may make the eye sting momentarily as they are put in

You will receive guidance about your eye drops from staff. The following chart will help to remind you when to put in your drops

Medication Name	8 AM	10 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

Follow up

You will be sent an appointment to attend the Orthoptic Department within about two weeks. If you have any questions please make a list and bring it with you. If this appointment has not arrived by the end of the first week please contact the Orthoptic Department on 024 7696 6521.

After surgery

- The eye that has been operated on may look red for a week or two and then pink for up to three months, especially if you have had an adjustable suture.
- The eye may feel uncomfortable and gritty but not deeply painful
- Both eyes may water for the first week
- You may have double vision
- Take things easy for a few days and gradually build up to normal activity over the following four to six weeks.
- Moderate the time that you spend watching television or reading so that you do not feel uncomfortable and follow any specific guidelines from your Orthoptist.

What you should avoid during the first four weeks

- Rubbing your eye
- Splashing water in your eye
- Strenuous exercise
- Swimming
- Smoke, dust or fumes
- Eye make-up
- To avoid getting soap or shampoo in the affected eye, back wash your hair

When can I return to work?

You may return to non-strenuous work after your first post-operative visit, if you work in a very dusty environment you may be advised to remain off work for longer

When can I resume driving?

Unless you have double vision most people can resume driving within a few days of squint surgery, or whenever they feel ready.

General Practitioner

You will be given a letter to take to your GP, or if you are unable to deliver it, we can post it for you.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6521 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History	
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