

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

### Contact numbers:

Surgical Day Unit

Ward 32

Miss Dean's secretary (8.00am - 4.00pm)

Mr William's secretary (8.00am - 4.00pm)

024 7696 6868

024 7696 5238

024 7696 6505

024 7696 6519





## Patient Information

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

## Patient Information

- 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

Author	Judith Scott, Fiona Dean, Rosie Johnson
Department	Orthoptic Department
Contact	024 7696 6521
Published	October 2006
Reviewed	October 2008, Nov 2010, Nov 2012, Nov2014, Sept 2015, Dec 2017
Review	December 2019
Version	5
Reference	HIC/LFT/286/06