

## Orthoptic Department

# Going Home after Squint Surgery for Children

This booklet aims to give parents and carers information about caring for a child recovering from squint surgery

### **Important:**

Although your child may be going home on the same day as their operation, please remember that they have had major eye surgery.

Children may refuse to open their eyes for long periods during the first 24 hours; this is nothing to worry about.

## Glasses

Your child should continue to wear their glasses unless directed otherwise.

## Pain

Your child may experience some discomfort. Medications such as paracetamol / ibuprofen can be given unless any health problems prevent this. Please ask for advice if you are not sure.

## Contact the hospital if:

- Your child's eye becomes more painful or red than on the day you took them home
- If your child has bleeding from the eye
- You child's eye develops a sticky discharge
- You notice your child's eye lids are swollen



## Patient Information

### Contact numbers:

<b>Surgical Day Unit</b>		024 7696 6868
<b>Ward 16</b>		024 7696 8224
<b>Miss Dean's secretary</b>	(8.00am - 4.00pm)	024 7696 6505
<b>Mr William's secretary</b>	(8.00am - 4.00pm)	024 7696 6519

In case of an emergency, 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
- 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
- Wash your hands
- Put in the drops as instructed

### Eye Drops:    Right Eye /    Left Eye Important:

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

## Patient Information

You will receive guidance about the eye drops from the staff. The chart below will help to remind you when to put your child's drops in.

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

## Follow up

You will be given an appointment for your child to attend the Orthotic Department within two weeks. If you have any questions please make a list and bring it with you.

## After surgery

- The eye that has been operated on may look red or pink. The eye will be particularly red for the first four to five weeks
- The eye may feel uncomfortable and gritty but not deeply painful
- Both eyes may water for the first week.
- Your child may complain of double vision
- Your child should take things easy and gradually build up to a normal activity level over the following two weeks.
- Some activities may result in a sore eye such as watching TV or playing computer games. Sensible limitation of these activities should reduce the problem.
- Please follow any specific guidance from your Orthoptist.

## Patient Information

### **What you child 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 in the affected eye, back wash your child's hair

### **Returning to school**

Your child should remain off school until after the first post-operative visit, which is usually during the week following the operation. Sometimes a further week off school is required if the wound has not sufficiently healed

### **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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