

## Orthoptic Department

# Going home after squint surgery for adults

This leaflet 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 changed after the operation.

### Pain

You may experience some discomfort. You can 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.
- You are bleeding from the eye.
- Your eye develops a sticky discharge.



## Patient Information

- Your eyelid/s are swelling.
- Your vision begins to worsen.

### Contact numbers:

Surgical Day Unit 024 7696 6868  
Miss Kasbekar'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 contact the Eye Casualty Department, ( EERS ) (Clinic 9) University Hospital Coventry.

**Eye Casualty Telephone Triage** Tel: 024 7696 4800

Open from:

Monday to Friday 9.00am – 5.00pm

### 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.
- 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.**

## Patient Information

### Eye Drops: right eye / left eye

#### Important:

- All the Eye Drops start the next morning after the surgery.
- The eye drops may make the eye sting for a short time 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 in 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 stitch.
- 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 slowly build up to normal activity over the next four to six weeks.
- Moderate the time that you spend watching television or reading so that you do not feel uncomfortable. 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 6520 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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# Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk) and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

**In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.**

**This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).**

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.