



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Strabismus Surgery on Eye Muscles – information after your surgery

Information for patients, relatives and carers

① For more information, please contact:

The Eye Clinic

Tel: 01904 726758

The York Hospital, Wigginton Road, York, YO31 8HE

Or

The Eye Clinic

Tel: 01723 342818

Scarborough Hospital

Woodlands Drive, Scarborough, YO12 6QL

We have put this information together so you will know what happens after your Strabismus surgery.

What happens after my operation?

After surgery, you will be taken to the recovery area where a specialist nurse will monitor your progress. Once the nurse is happy with your recovery, you will return to your trolley or bed in the ward area. When you are able to sit up you will be offered a drink.

On return to the ward area, cold compresses can be applied to your eyes. This helps with the discomfort, reduces swelling, and helps prevent all the lashes getting stuck together.

Adults

If you have had a prism stuck on your glasses, this will normally need to be removed after the operation.

Children

Your child wore glasses all the time before the operation, they should continue to do so.

Before you leave the Eye Day Case Unit

A nurse will go through the discharge instructions with you.

An eye clinic appointment will be discussed with you before you leave the ward. This is usually between one and three weeks after your surgery.

It is important that you attend this appointment.

Drops may be prescribed. These contain steroid and are designed to reduce inflammation.

A cold compress can also be continued once you are home. This helps reduce swelling and discomfort.

What happens when I get home?

Contact us if the level of discomfort, degree of swelling or vision deteriorates over the first week.

The eye that was operated on is likely to be red and feel gritty for a few days. The best way to reduce discomfort is to apply a cold compress to the area. This could be a clean ice pack or face flannel soaked in cold water. The redness usually lasts between two weeks and two months but can be longer.

If you feel any pain or discomfort, you can take painkillers as you would for a headache (i.e. Paracetamol/ Ibuprofen); follow the recommended dosages as directed on the packet.

Most patients are prescribed eye drops containing a steroid preparation to reduce inflammation. You will be told how often to use these.

Artificial tear formulations may also help. If you needed these before, continue to use them as well as the steroid drops.

Your vision may be slightly reduced for 48 hours following surgery.

What about my stitches?

Usually, the stitches are buried under the white of your eye and dissolve away. There may be one or two stitches on the skin of the eye (the conjunctiva). These usually drop out after about two weeks. Rarely stitches can cause irritation. If you feel this is the case for you, contact us as the stitches can be removed in the eye clinic.

When can I return to my normal activities?

You may return to work/school within a couple of days if you feel well enough, but usually you will need a few days to recover from your operation.

Do not swim for two to four weeks following your operation or until the redness clears due to the risk of infection.

Most activities are acceptable including gardening, playing and any physical activity.

Adult only - If you feel confident and you don't have double vision, you should usually be able to drive again two days after your operation.

What should I do if I have any problems or worries about my operation after going home?

If your eye becomes more painful or redder, your vision gets worse or you have any other worries about your eye, please contact the hospital:

Eye Day Case Unit: 01904 726064
or
Eye Clinic Nurse Triage: 01904 726758

Your notes

Please use this space to make a note of any questions you have.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Sian Jones, Specialist Orthoptist

The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726747.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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Telephone: 01904 725566

Email: yhs-tr.FacilitiesmanagementHelpdesk@nhs.net

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