

Moore Eye Institute Post-Operative Instructions for Strabismus Surgery

What to Expect:

Most patients tolerate strabismus surgery well. Much of the discomfort occurs within the first 12 to 24 hours, and most patients can resume normal activities within a few days.

- **Nausea:** Quite common after eye muscle surgery. May last 24-48 hours. Usually, we give a medicine during surgery to help prevent this.
- **Pain/discomfort:** Light sensitivity may occur for 1-2 days after surgery. You may prefer to keep your eyes closed for the first 12 to 24 hours. This is normal. You do not need to force yourself to open your eyes sooner. Your eyes will feel scratchy for several days after surgery. You may experience pain on rotating the eyes for approximately one week. The stitches do not need to be removed, they will dissolve on their own. You may take Tylenol or Motrin as needed for pain (Please refer to specific dosing instructions on bottle). If the eyes feel dry or scratchy it's okay to use over the counter artificial tears to lubricate the eyes.
- ***Avoid vigorous rubbing of the eyes!***
- **Appearance of the eyes:** Crusting of the eyelashes upon awakening in the morning is normal for the first few days. You may wipe this away with a clean, warm, washcloth. You may have bloody tears for 12 to 24 hours. You may wipe this away with a clean tissue or washcloth. Expect your eyes to be swollen and red for 4 to 6 weeks, gradually improving.
- **Double Vision:** You may experience temporary double vision following surgery. This may last a few days to a few weeks. It takes approximately 6 weeks for the eyes to heal and gain their full function. Adults may patch one eye if too uncomfortable from the double vision, but I recommend that patients try to tolerate the double vision so that the brain may get used to the two eyes working together.

Diet / Activity Restrictions:

- **Diet: Diet:** Start with a clear liquid diet after surgery, and slowly advanced with each meal as tolerated to your regular diet.
- **Activity Restrictions:** Avoid the following activities for 2 weeks after surgery: swimming in a pool or lake, heavy lifting, strenuous activity, “dirty” activities (i.e. playing in a sandbox, playing in a muddy environment).
- Showering and bathing are fine after surgery. Try to avoid completely submerging head under water, or having shower spray directly into eyes.
- You/your child may resume normal activity usually after the second day. It is okay to return to school/work 1-2 days after surgery. Normal activity will not damage the eyes. Each person is different regarding recovery time. Some may want to take 1-2 weeks off following the surgery while others are ready to return to their regular schedule the day after surgery. Driving is okay when you feel that it is safe to do so. It’s okay to fly anytime after surgery.

Post-Operative Medications / Treatment:

- There will be no patches or bandages after surgery. Ice or cold packs to the eyes during the first 24 hours after surgery will reduce swelling and discomfort.
- **Drops:** use drops as directed on discharge instructions

Danger Signs:

Please call the office immediately if you experience signs of infection such as fever or pus draining from the eye, unexpected disturbance in vision, change in behavior (i.e. child becomes lethargic or “out of sorts”), worsening pain, increasing eye redness or increasing eyelid swelling.