

Mr Danny Morrison

Care of the eyes after squint surgery in adults

All squint surgery is under general anaesthetic. The operation takes on average 30 to 60 minutes. It is usual to go home the same day, about 4 hours after waking up. If you are having 'adjustable' surgery you may need to stay one night in hospital.

When you return from the operating theatre there may be a patch or pad over the operated eye. If both eyes have been operated on only one is covered or padded.

Adjustable squint surgery

Within a few hours of waking the eyes can be correctly aligned by giving anaesthetic drops, thus allowing minor adjustments to the muscle position whilst you are fully awake. You will have consented to this in advance as part of the surgical procedure.

The eye will feel a little sore and will be red with some moderate lid swelling. There may be some slight watering. It is fine to take Aspirin or Paracetamol for the pain or discomfort.

Eye drops: You will be given steroid and antibiotic drops to put in the eye for 3-4 times a day for at least two weeks. This makes the eye feel more comfortable and reduces the redness.

Ice packs: These help to reduce lid swelling, pain, and speeds up healing. The ice pack can be made by wrapping ice or a packet of frozen food such as peas in a plastic bag, flannel or towel. Apply the ice pack to the closed eyelid for 5-10 minutes every hour during the daytime for the first two days after surgery, as soon as your eye pad has been removed.

The eyelids can be cleaned of excess mucous or ointment with cool (boiled) water on a clean piece of cotton wool.

There may be visible stitches (sutures) on the surface of the eye. The sutures will dissolve or fall out during the two months after surgery.

When can you swim?

No swimming until after the first clinic visit at 1-2 weeks. Please check first with Mr Morrison. If you must swim then watertight goggles can be worn.

Can I have a bath or shower? What about hair washing?

Yes, but avoid saturating the eyes and face. A splash of water is fine. Try and avoid getting shampoo in the eyes, as you would normally do.

When can I go back to school?

You can expect to be off work for 5 days after surgery, although you may be able to return a day or two earlier than this.

When can I wear my glasses again after squint surgery?

Straight away, as soon as the eyepad has been removed.

When do I have to come back to the eye clinic?

The eye is usually checked the day of surgery, then after 1-2 weeks, then at 2-3 months.

Contact my secretary or personal assistant if there is severe pain and the eyelid cannot be opened because of excessive lid swelling. This can be a sign of infection or reaction to the antibiotic/steroid drops given.