Instructions for Patients Following Strabismus Surgery

Thank you for choosing Georgia Regents Health System for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Pain
Some discomfort is always present following surgery, especially in eye movements. The eyes will also be a bit light sensitive for a day or so (sunglasses are helpful). Use Tylenol or children’s Tylenol as necessary. Please avoid using aspirin or ibuprofen-containing products (such as Motrin, Advil) since they tend to promote bleeding. Adults may use Tylenol # 3 (Tylenol with Codeine) or Percocet if regular Tylenol is not sufficient. A prescription is needed for Tylenol # 3 and Percocet and will be given to you following surgery.

Double Vision
This may be normal after surgery and is generally temporary. It results from the new eye position and will usually go away in a few hours to days. The eye alignment may not look straight immediately following surgery. This may also be normal and is usually due to eye muscle soreness or weakness following the procedure. The doctor will discuss what needs to be done, if anything, on your follow up visit.

Eye Redness
This is normal after surgery. There may also be some blood present in the tears for a day or so after surgery.

Showers and Baths
Showers and baths are allowed but the amount of water getting into the eyes should be kept to a minimum for the first week following surgery.

Activities
You may resume your usually activities as soon as you feel able. There should be no swimming in lakes or pools and children should not play in sandboxes for 2 weeks after surgery. Physical exertion will not harm the eye alignment but it may promote swelling during the first few days after surgery so it is recommended that you take it easy for that time. It is OK to use the eyes as much as you like to watch TV or read.

Eye Medications
In most cases, Tobradex drops and ointment are used after surgery. The drops are to be used three times a day in the operated eye and the ointment at night. The doctor will discuss this with you and your family.
**Nausea**
This is fairly common following strabismus surgery for both adults and children. It may last for a few hours or a day or so and occurs in about 20% of patients. It usually does not require any specific treatment. Patients are given some extra fluid with the IV before discharge as a precaution. If the nausea is severe, especially with children, you should call your doctor. Occasionally a medication for nausea will be needed.

**Food**
You may eat following discharge from the surgery unit. Because many patients have some degree of nausea or have a queasy stomach right after surgery, it is best that you start with clean liquids such as apple juice and advance to solid as you feel able.

**Questions**
If you have any questions or concerns following the surgery, do not hesitate to call the doctor at 706-721-1165 (Daytime) or 706-721-3893 (Evenings and Weekends)