

# Information for parents and carers

## Post-operative Care Following Children's Squint Surgery

A decorative graphic at the bottom of the page consisting of three overlapping, wavy horizontal bands in shades of blue, ranging from a light sky blue to a dark navy blue.

**This leaflet is primarily written for the benefit of parents of children who have just had squint surgery. They may have had surgery on one or both eyes. The leaflet has large type for easier reading if the child also wishes to read it.**

## **After the operation**

Your child has had an operation under general anaesthetic on one or more of their eye muscles, each eye has six muscles which can be accessed easily through the conjunctiva (white membrane surrounding the eyeball) the position of the muscle(s) has been changed to reposition their eyes.

Each eye which has been operated on is likely to look red and swollen and feel gritty and sore after the operation, this can be aggravated by movement of the eyes. This is normal and will gradually go away within the first week or two. During the operation pain relief will have been given but this will have worn off by the evening and your child may need further pain relief, they can take paracetamol (Calpol) for the discomfort after the operation in the evening and the next few days. However, if they are already taking pain relief medication for a different condition, please continue with that but **do not let them take both.**

Normally the eye(s) is not padded or covered after the operation, their tears may look a little blood-stained which is common for the first few days.

Immediately after the operation the vision of the operated eye(s) may be blurred this is common and usually improves quickly.

Once your child has been discharged from the ward they should rest for the remainder of the day, they may find it more comfortable to wear sunglasses to protect their eyes on the way home.

## Eye Drops

Your child will be given antibiotic and anti-inflammatory eye drops to use four times a day for around four weeks.

It is often difficult to take the eye drops to school to use so we advise using the drops as soon as your child wakes up, then just before going to school, followed by as soon as they come home from school and lastly just before bedtime.

Please ensure you follow the instructions on the eye drops on use and storage.

## Stitches

In most cases the stitches used will naturally dissolve over a period of 6-8 weeks. Occasionally a permanent stitch is needed, in which case you will be advised about its removal.

## Glasses and Contact Lenses

If your child's glasses were prescribed to correct their vision, then they should continue to wear these as normal after the operation.

If your child had a prism on their glasses or built into their glasses before the operation, this will most likely need changing or to be removed. Your orthoptist will advise what is required.

If your child normally wears contact lenses do not use these after the operation until your orthoptist or ophthalmologist says it is ok to do so.

## **Returning to school/nursery**

In the majority of cases, children can return to their school/nursery within a week after their operation. Most of our children's squint operations are performed on a Thursday and many children return to school/nursery the following Monday or Tuesday.

If you have any concerns about returning to school/nursery, please discuss them with your orthoptist or ophthalmologist.

## **Things to avoid**

No swimming for four weeks after surgery as their eye(s) can become irritated from the water.

It is best to avoid washing your child's hair the first day or two. After this we recommend using a mild baby shampoo and to avoid getting water or shampoo into their eyes.

We recommend that your child avoids contact sports and strenuous exercise for two weeks after their operation.

If you have pets at home, please ensure your child washes their hands after touching your pet to avoid irritation of the eye(s) and infection.

No eye makeup or false eyelashes should be worn for four weeks after the surgery.

## Infection

The white of the operated eye will be red after the operation and there may be some discharge.

You can clean and bathe the eyelids and skin around the eye using clean tissues and cooled boiled water.

Do not let your child rub their eye(s) with a tissue or their fingers/hand.

It is very rare to develop an infection after squint surgery, however if you notice any of the following, please contact us straight away:

- Yellow or green discharge from the eye(s)
- Swelling or increased redness of the eyelids
- Persistent eye pain that is not relieved by paracetamol
- A significant reduction in vision in one or both eyes

## Follow-up

Your child will be seen by the orthoptist around 2-3 weeks after their operation to check their vision, eye position, eye movements and how the eye(s) is healing.

Your child's post-op appointment is:

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At

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## Contact details

Should you require further advice or information please contact the Orthoptic team on **01772 522417** (Monday to Friday between 8.30am to 4.40pm). If the Orthoptists are not available when you call, there is a 24-hour answerphone where you may leave a message.

Orthoptic Department:

Broughton Suite (near the main entrance),

Royal Preston Hospital,

Sharoe Green Lane,

Preston.

PR2 9HT

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.squintclinic.com](http://www.squintclinic.com)

[www.orthoptics.org.uk/patients-and-public/](http://www.orthoptics.org.uk/patients-and-public/)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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**Division:** Surgical Division (Head & Neck)  
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