

Caring for your eye after squint surgery

Department of Ophthalmology
Information for Patients

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What to expect after your surgery

- Your eye doctor will talk to you about what vision they expect you to get from the surgery.
- Your eye(s) will be red and sore after surgery. This will slowly improve and get better over the next few weeks. It can take several months for the eye(s) to recover.
- Your eye(s) will be painful and feel uncomfortable and swollen. You may get a headache after surgery. This is all normal. You can take paracetamol or ibuprofen to help with this.
- Your eye(s) may feel itchy. This can be caused by the stitches. Stitches will dissolve over a few weeks. Try not to rub your eye(s).
- We will give you an eye drop and an eye ointment to use after the surgery. This helps to keep your eye more comfortable and helps to reduce any risk of infection and inflammation. We will show you how to use them before you leave the hospital.
- Your vision will be blurred and you may have double vision. This will settle after a few days.
- You may have blood stained tears and watering eyes. This can last a few weeks and is normal.
- You will be discharged home with a pack of sterile gauze and water. You can use this to clean your eye(s) lid(s). If you need to continue to clean this area, you can boil the kettle, let the water cool and use soaked cotton wool to gently bath the eyelids. Remember do not rub the eye's and lids.
- You will feel tired after the surgery. Over the next few days you can start to slowly go back to your day to day activities. Your discharging nurse will tell you about what you can do and cannot do.

You should contact the Ophthalmic Suite or the Eye Casualty Department for advice if you have:

- increased redness,
- increased swelling,
- sudden complete loss of sight,
- increased amount of black dots (floaters), shadows or a 'veil/curtain' in your vision,
- a drop in vision,
- pain in the eye,
- yellow sticky discharge,

After surgery you should:

- Once home you can eat and drink as normal.
- Take your prescribed medicines as normal unless the discharging nurse as said not to.
- Start using your post op eye drops and ointment the following morning.
- You can keep using long term eye drops, unless otherwise told to stop them by the surgeon or discharging nurse. Please ensure you have an unopened new bottle for the operated eye(s). If you are not sure please ask.
- It is ok to move your eyes and to bend your head down.
- You can wear your prescribed glasses or sunglasses if needed during the day.
- You can watch television, read and cook. It will not harm your eye(s). You may feel tired. You might want to do different activities and take breaks instead of doing the same thing for a long time.
- If your eye is sticky in the morning, you can clean it with cooled boiled water and cotton wool.

After surgery:

- Do not drive until a doctor, nurse or optician tells you when it is safe to do so.
- Do not wear a contact lens in the operated eye for 4 weeks.
- Do not do energetic activity such as contact sports (like rugby) for 6 weeks and no swimming for 1 month.
- Do not do heavy gardening and lifting for 2 weeks after your surgery.
- Do not rub or touch your eye.
- Do not get soap and water in your eye when washing your face and hair.
- Do not wear eye make up for 2 weeks.
- Do not return to work until 1 to 2 weeks after the surgery. We can give you a fit note if needed.

Your follow-up appointment.

- We will give you a follow-up appointment in the outpatient clinic to check how your eye is doing after the surgery.
- The nurse will give you some eye drops and eye ointment with this advice sheet. Please follow the instructions on when to take the eye drops and how long for.
- If you think you are going to run out of your drops, please telephone your GP surgery and ask for a repeat prescription for the drops you are running out of.

How to use your eye drops

1. Always wash your hands before putting in the eye drops.
2. Sit or lie with your head tilted backwards.
3. Gently pull the lower lid down with 1 finger.
4. Holding the bottle on the bridge of your nose or on your forehead. Squeeze 1 drop into the eye.
5. Close your eye and gently blot the excess drops with a clean tissue.
6. You can put in another eye drop if you think you have missed your eye.



Tips:

- Do not let the bottle tip to touch the eye.
- Do not let other people use your eye drops.
- Throw away the drops when you have finished the course of treatment.

How to use your eye ointment

1. Wash your hands.
2. Gently pull the lower lid down. Look up to avoid the front of the eye.
3. From the inside corner to the outer edge of the eye, place the ointment onto the lower lid.
4. It is thick and sticky and will blur your vision for a few seconds after applying.

When to use your eye drops:

You must use these eye drops on your operated eye only. You must start this the morning after surgery.

All eye medication should be discarded 28 days after first opening. Do not store above 25°C. Keep the eye drops away from direct sunlight. Do not store in the fridge. Keep the container tightly closed.

Eye drop	Time	Action
Maxitrol eye drops	1 drop, 4 times a day. Do this for 4 weeks then stop.	To reduce: • Infection • swelling • inflammation
Maxitrol eye ointment	1 drop, 2 times a day. Do this for 4 weeks then stop.	To reduce: • Infection • swelling • inflammation

Your discharge nurse will tell you which eye drops you need to use after your surgery.

Eye drop recording chart

Please use this chart to record when you have applied your eye drops to your operated eye (s).
Example shows how you would complete the chart if you were given, Maxitrol eye drops (1 drop, 4 times a day) and Maxitrol eye ointment (2 times a day).

Maxitrol eye drops: cross **X**

Maxitrol eye ointment: tick **✓**

You can also use different coloured ticks or crosses to help keep track.

	1 st drop	2 nd drop	3 rd drop	4 th drop
example:	X ✓	X	X	X ✓
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

	1 st drop	2 nd drop	3 rd drop	4 th drop
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				

Contact details

If you have any questions or concerns, please contact the unit where you had your surgery:

Ophthalmology Suite at Leicester Royal Infirmary:

Monday to Friday, 7.30am to 8pm on **0116 258 6248**

or **0116 258 6850**

Or

Eye Casualty Department at Leicester Royal Infirmary:

Monday to Friday, 8:30am to 4.30pm on **0116 258 6273**

Weekend and Bank Holidays, 8:30am to 12.30pm

At other times please contact your nearest **Emergency Department** for urgent concerns.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان میں چاہتے ہو، تو 'کریپا' کر کے دے 'ਤੇ' گئے 'ਤੇ' ٹیلی فون کر کے।
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research