

Information for patients

Squint Surgery - Post-operative care

After your operation

Redness

After your operation it is usual for your eye to appear red and for it to be a little weepy. Usually both the redness and the weeping settle slowly over the next 2 to 6 weeks. Occasionally your eye can appear to be very red following surgery due to a little bleeding under the thin coverings of the eyeball. This can appear quite striking but is nothing to worry about and will slowly settle.

Discomfort

It is also normal for your eye to be a little sore and uncomfortable, as though there is something in it. This is because the linings of your eye have been disturbed and sutured (stitched) during the operation. Usually the irritation settles rapidly over a week or so but may occasionally persist for longer.

If you suffer any discomfort, take a pain reliever such as paracetamol every 6 hours. Please try to avoid aspirin, unless of course it forms part of your regular prescribed daily medication.

Discharge from the eye

Some bleeding or oozing is not uncommon within the first few days following your operation. Use a clean piece of paper kitchen towel if necessary to control any bleeding and clean the eyelids if needed with cooled boiled water and bicarbonate /salt solution (1 teaspoon of sodium bicarbonate or salt dissolved in 1 cup of cooled boiled water).

You can use a similar solution to clean the eyelids at other times (e.g. mornings) if they are a sticky and stuck together.

Use of Eye-drops

Following your operation you will be prescribed eye-drops to instill into your eye(s) three times a day for 2 weeks. The doctors and hospital staff will explain how to instill the eye-drops.

The eye drops are important to keep the eye clean and to reduce inflammation. If you should run out of the eye drops please contact your General Practitioner to obtain some more as soon as you can.

Healing and Dos and Don'ts

In most cases, healing is complete in about 6 weeks.

Whilst your eye is healing it is advisable to avoid bending, lifting, straining, or strenuous exertion for at least 2 weeks. You should also do your best to avoid dirty environments and rubbing your eyes.

It is very important that you ensure that you continue using any regular eye-drops that you are prescribed e.g. for glaucoma or ocular hypertension, and that you take your other regular medications normally unless specifically instructed otherwise.

You may drive provided your vision permits and go about your other customary activities including reading and watching television etc.

Advice / Help

If you have any problems or concerns you should contact Mr Shuttleworth's secretary (01792 391122), the Sancta Maria (01792-479040) or alternatively your General Practitioner.