



STRABISMUS SURGERY

Home Care Instructions After Surgery



My Surgeon is:

- Dr. Aroichane Dr. Gardiner Dr. Gjerde Dr. Kennedy
 Dr. Ko Dr. Lyons Dr. Mulholland Other:

My next appointment is on: _____

- Call your surgeon's office (# below) to arrange a follow up appointment
 Follow up with your optometrist

What to Expect After Surgery

For 2-3 days:

- Swollen, crusting eyelid(s), remove the crust with sterile gauze moistened with cooled boiled water – do not use cotton swabs
- Red or pink tinged tears

For the first week:

- Red, watery eyes
- Discomfort (feeling like there is something in the eye)
- Blurry and/or double vision
- Light sensitive. Bright lights may be irritating– use sunglasses in sunlight

Symptoms should improve steadily.

1. Dressing Instructions

Always wash your hands before touching your child's face or eyes

- Your child may have an eye patch which will be removed in the recovery room. Some children are more comfortable with the eye patch on – if so, you may leave the patch on and remove it after returning home.

2. Managing pain

- An ice pack or cold compress over the eye can help. (Try putting ice cubes or a bag of frozen peas in a sealed, clean plastic bag.) Use this as often as possible for 24-28 hours after surgery. Hold over the eye for 3-5 minutes, take a break, and repeat.
- Read the *Managing your child's pain* handout for more information.

3. Prescription

- If your surgeon prescribes eye drops, pick them up from your pharmacy. Follow the instructions on the bottle.

4. Diet

- Your child can eat and drink as normal.

5. Bathing

- Avoid getting water in the eyes for 1 month after surgery.

6. Activity

- Your child may return to school or daycare in 1 week. In some cases, they may return sooner.
- Avoid strenuous physical activity for 3 weeks.
- Avoid swimming for 1 month.
- Your child may read or watch television.
- Fresh air will not hurt the eyes. Avoid dust and wind.
- Unless your surgeon tells you otherwise:
 - Stop using eye patches
 - Your child should wear their prescription glasses, if they have them

7. Follow-up appointment

- Please bring your child's glasses and any eye medications

Call 911 or go to the Emergency Department if your child has:

- Pus from the eye (foul smelling, yellow or white fluid).
- Vision loss
- Abnormal eye movements
- Fever more than 38.0°C for more than 24 hours
- Vomiting lasting more than 24 hours
- More pain in eye or eyelid 48 hours after surgery
- More redness/swelling in or around their eye/eyelid 48 hours after surgery

Questions or Concerns

For **SPECIFIC** questions about your child's healing or pain, please call your surgeon's office:

- Dr. Aroichane: 604-563-3415
- Dr. Gardiner: 604-875-3079
- Dr. Gjerde: 604-580-1008
- Dr. Kennedy: 604-951-8543
- Dr. Ko: 604-951-8543
- Dr. Lyons: 604-875-3117
- Dr. Mulholland: 604-875-3501
- Evenings and weekends: 604-875-2161 and ask for "Ophthalmology on call"

For **GENERAL** health concerns/questions, please call:

- Your primary care provider

Additional Notes: _____

Patient/Parent or Legally Authorized Representative

Date

Healthcare Provider Signature