

STRABISMUS REPAIR

Dear Parents, your child has just had a strabismus (crossed eyes) repair and is ready to go home. Strabismus is a disorder in which the two eyes do not line up in the same direction. The repair is to restore the eye(s) muscle(s) to a proper position. Depending on the problem, one or both eyes will need surgery. This following information will help ensure your child has a safe recovery after leaving the hospital.

Care for the surgical site

- Eye bandages are not usually applied. Special tiny stitches are used to reposition and to hold the eye(s) muscle(s) in their new position. When the muscle(s) is (are) healed, the stitches will dissolve on their own over the first 6 to 8 weeks after surgery.
- For a couple of days after the surgery, small amounts of slightly pinkish tears or blood-tinged may discharge from the eyes, and your child may also have clear light yellow tears.
- The eyes may remain reddish for one month. Temporary double vision is common for several weeks after surgery. There may be mild light sensitivity.
- If the eyes are sticky, clean with a face cloth soaked in lukewarm water. Wipe from inside to outside (nose to ear direction).
- Scratchy sensation could be relieved with cool compress applied. No rubbing of the eyes.
- Antibiotic eye drops might be prescribed. Always wash your hands before and after you touch your child's eyes.

Pain Management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours.
Next dose may be given only at _____ hours.
Dimming the lights and/or applying cool, wet and clean compresses may provide additional comfort.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. May watch television. Back to all normal activities in 2-3 days except no swimming for 1 week.
- **Bathing:** May resume tub bath tomorrow. Be careful not to splash bath water into eyes. Only wash your child's face with a clean face cloth and water.
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. The day after surgery, your child may take a normal diet.
- **School / Daycare:** May go back to school/daycare after 3 days. Please check with your doctor.

When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Swelling or redness of the eye(s) does not go away or gets worse.
- Double vision does not go away
- Discharge continues after a couple of days or it becomes bloodier
- Any yellow or green discharge from the eye.

Follow-up

- For your next appointment please call 514-934-1934, extension: _____
- Clinic _____ Doctor: _____
- Type of follow-up recommended: in clinic by phone other _____

Contact Information

IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE _____ OPHTHALMOLOGY _____ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

Disclaimer: Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.