

Strabismus Postoperative Instructions

What to expect: Most patients tolerate strabismus surgery well. Much of the discomfort occurs within the first 24 hours. You may prefer to keep your eyes closed for 12 to 24 hours after surgery. **This is normal and not a cause for concern.**

- You will receive a prescription for an antibiotic/anti-inflammatory ointment. **Place a thin strip of ointment in the operative eye(s) four times daily for 10 days.** This will help prevent infection and will also help with any discomfort.
- You may use the prescription pain medicine OR Tylenol and Motrin to relieve any discomfort you have during the days following surgery. Cool compresses are also recommended as needed.
- Some patients experience postoperative nausea and vomiting. Usually we administer medication during surgery to help with this. You may use the prescription medicine for nausea to help with these symptoms following surgery.

Activity

- Refrain from swimming for 2 weeks. You can shower or bathe but if possible, try to keep water out of your eyes.
- Do not perform any activity during which you are at risk of getting hit in the eye(s) (i.e. contact sports) for 2 weeks.
- You may participate in any other activities as soon as you feel up to it. This includes returning to work, driving, reading, or exercising.

Normal Postoperative Symptoms

- Crusting of the eyelashes upon awakening in the morning is normal for the first few days. You may wipe this away with a clean, warm washcloth.
- You may have blood-tinged drainage for the first 12 to 24 hours. You may wipe this away with a clean tissue or washcloth.
- Your eyes may be red for 2-3 weeks. This gradually improves.
- You may experience some double vision for a brief period after surgery. This is normal and will improve as you heal, usually within a few days to a couple of weeks.

Rare Postoperative Symptoms

- Increasing redness, swelling, pain or headache.
- Persistent fever over 100 degrees Fahrenheit.
- Extreme irritability or lethargy (you are difficult to rouse).
- Persistent discharge from the eyes (crusting of the lashes is normal).
- Significant change in vision (mild blurry vision is normal initially).

If you experience any rare symptoms, please call our office at 256-715-3080 or proceed to your nearest emergency room.

You should have a follow-up appointment already scheduled with Dr. Calderwood. If not, please call our office to schedule.