

## INFORMATION FOR PATIENTS

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# Squint surgery - adults

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This leaflet will explain what a squint operation involves and what to expect while you are in hospital. It also answers some frequently asked questions.

### **Before you come for surgery**

You will attend for a pre-operative assessment a few weeks prior to having your surgery. Please remember to bring your glasses to this appointment.

Before coming in for your surgery we will send you details about when to stop eating and drinking. This must be followed otherwise surgery will not be able to be carried out.

### **What does the operation involve?**

You will have a general anaesthetic (i.e. will be asleep throughout the whole procedure). The surgeon will be operating on the muscles which move the eyes. Everyone has six small muscles attached to the eye which move the eyes up and down and from side to side. By strengthening or weakening some of these muscles, a squint can be corrected. The surgeon does this by shortening the muscle or by moving the position of the muscle.

For example if you have a convergent squint (where the eye turns in towards the nose), the surgeon will probably strengthen the muscle which pulls the eye out and weaken the muscle which pulls the eye in.

### **What happens afterwards?**

On arrival back to the ward in the Day Case Unit you may have a pad over the eye for a short time.

The eye/s will be very red afterwards but most of the redness does settle down within two to four weeks of the operation.

You will be given drops or cream to put in your eye following the operation. These help to reduce the inflammation (redness) and guard against any infection. They also ease any discomfort as you may have a gritty sensation and may find it difficult to open the eye for the first day after the operation.

### **How long will I be in hospital?**

Usually, you will have the operation on the same day you come in, and go home later that day.

### **How long will I be off work?**

The doctor will advise you, dependent on the operation and your working conditions. This will normally be around two weeks. You must not drive or do any heavy lifting until seen at your post-operative appointment, which will be within a week of the surgery.

### **What happens if I am in pain?**

If you experience any pain, please take simple painkillers such as paracetamol or ibuprofen. If this continues please ring the department for advice, Monday – Friday from 9am to 4.00pm. Outside working hours please visit your local accident and emergency department.

### **Is the operation successful?**

Usually, the operation is very successful in straightening the eyes. However, some adults need more than one operation, especially if the squint is a very large one to begin with.

Also, occasionally, the squint is overcorrected initially, but this usually settles at the most within a month or two. Very rarely further surgery is necessary to correct this.

### **Are there any problems?**

As with all surgery there is a minimal anaesthetic risk. Your general health will be assessed at your preoperative assessment.

### **Contact details**

If you have any queries about your child's treatment please contact the Orthoptic Department:

- **Email:** [Sfh-tr.orthoptics@nhs.net](mailto:Sfh-tr.orthoptics@nhs.net)
- **Urgent orthoptic queries:**
  - Telephone: 07768615247, Monday to Wednesday, 8am-4pm
  - Telephone: 07825866704, Thursday to Friday, 8am-4pm
- **For appointment booking/cancellation:**
  - Telephone: 01623 672383

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

BIOS website: [www.orthoptics.org.uk](http://www.orthoptics.org.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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