

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.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.

King’s Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET.n@nhs.net

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.

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 or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202308-01-DASS
Created: August 2024/ Review Date: August 2025

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Discharge advice
Squint surgery



After surgery:

- Red eyes – this can last for a couple of months; your child may even have blood in their tears for a couple of days.
- Itchy eyes – this is caused by the stiches and may last for a few weeks until they dissolve. Try to avoid letting your child rub their eyes as this may cause more irritation/infection.
- Double vision – this usually passes after a few days, but occasionally can last longer.
- Eye position may vary for the first few weeks and will take time to settle.
- Eye pain – this tends to last a few days and can often feel like grit or sand in the eye. Taking simple pain killers such as paracetamol/ Ibuprofen will help.
- Your child will be given eye drops or eye ointment – these must be used as directed.

Pain and discomfort

Following the operation your child's eye will feel sore for a few days. Giving regular pain relief will help reduce some of the discomfort. Always follow the directions on the packaging.

Your child or young person last had pain relief at:

Paracetamol

Ibuprofen



Returning to normal activities

It can take several weeks to fully recover from squint surgery. Your child can read or watch TV and carry out all their usual activities as soon as they are able.

Try to avoid getting soap or shampoo into your child's eyes. Your child can return to exercise and sport after about a week, although you may be advised to avoid swimming for four weeks and contact sports for two to four weeks.

Do not use make up close to the eyes for 4 weeks and your child should not play in sand or use face paints for 2 weeks.

Follow up

Your child will be given an appointment for the orthoptic clinic for one to two week's time. If there are any concerns with the appointment, please inform the ward or clinic as soon as possible.

If your child wore glasses before surgery, they will still probably still need to wear them unless directed otherwise.

