

INFORMATION FOR PATIENTS

Squint surgery - adults

This leaflet will explain what is involved in squint surgery and what to expect while you are in hospital. It also answers some frequently asked questions.

Before you come for surgery

You will attend a pre-operative assessment a few weeks prior to having your surgery. Some simple tests will be done to check you can have the procedure and you can ask any questions you may have. 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 the surgery cannot take place.

What does the operation involve?

You will have a general anaesthetic (i.e. will be asleep throughout the whole procedure). The surgeon will operate on the small muscles that control eye movement.

Each eye has six muscles that allow it to move up, down, and from side to side. To correct a squint, the surgeon may strengthen or weaken specific muscles by shortening or adjusting their position.

For example, if you have a convergent squint (where the eye turns in towards the nose), the surgeon will likely 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 can be red afterwards but most of the redness settles down within two to four weeks of the procedure.

Drops or cream will be given to put in the eye following the operation. These help reduce the inflammation (redness) and guard against potential infection. They also help relieve discomfort as you may feel a gritty sensation and find it difficult to open the eye on the first day after the operation.

How long will I be in hospital?

Typically, the operation is done on the same day you arrive, and you can 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 4pm. Outside working hours please go to your nearest Emergency Department.

Is the operation successful?

Usually, the operation is very successful in straightening the eyes. However, some adults may need more than one operation, particularly if the squint is of a large angle.

In addition, occasionally, the squint is purposely over-corrected, but this is expected to settle 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.

Sometimes there is a risk of double vision after squint surgery. The Orthoptist will discuss the risk with you in more detail as this differs on a case by case basis.

Contact details

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

- **Email:** 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

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

BIOS website: 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.

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.

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