



Post Operative Instructions for Squint Surgery in Adults

Immediate care after Surgery:

- The eyelids may be puffy/swollen after surgery. The eyes will appear bloodshot, and there may be red stained discharge from the eye/s for upto 2 days after surgery. This is expected. Cool compresses with ice wrapped in a towel/Ziploc bag will help with the swelling. Regular cleaning of any discharge with cotton wool dipped in sterile saline solution will help prevent the eyelids from sticking together.
- Dr Kini may be injecting an anaesthetic around the eye at the end of the surgery to prevent post operative pain (in surgeries WITHOUT adjustable sutures). This may cause the eyes to look oddly turned, and the pupils to look dilated/unequal. This will wear off in 24-48 hours. As such, the final alignment following surgery cannot be assessed for 24-48 hours.
- Pain relief - Panadol and Nurofen maybe used alternately every 4 hours on the first day to prevent pain.
- Nausea/ Vomitting - It is normal to feel nauseated, or get sick following Squint Surgery. Icy Poles help settle these symptoms.
- Dr Kini will give you a script for eye drops - these are of two kinds - an antibiotic eye drop and a steroid eye drop. These help prevent infection, and aid healing.
- Avoid driving for the first 24 hours after surgery, as it can take time for the effects of the Anaesthetic to wear off. After this, only drive if you have no double vision, and good vision in each eye and if you feel comfortable driving.
- Dr Kini will generally aim to see you in the first 48 hours after surgery, and then in a few weeks time.

Caring for your eyes in the first few weeks following surgery:

- Swimming is to be avoided for two weeks following surgery.
- You can take a bath/shower as normal, taking care to not let soap or shampoo enter the eyes.
- It is normal for the eyes to look red for upto 4-6 weeks after surgery. Sometimes, purple dots may be visible on the surface of the eye - these are tiny stitches used to hold the muscle/skin of the eye. These are especially more noticeable in adjustable suture surgery. These will disappear in 6-8 weeks.

If you experience severe pain, inability to open their eyes, severe swelling of the eyelids, pus discharge from the eyes - this may indicate post operative infection. If you see these signs, please contact Dr Kini on 0410 523 891. Alternatively, call the Royal Victorian Eye and Ear Hospital Emergency Department on 9929 8666 (switch).