



### ***Post Operative Instructions for Squint Surgery in Children***

#### *Immediate care after Surgery:*

- There will be no bandage on the eye/s. Children may want to keep their eyes closed - this is OK. Gentle encouragement will help them open the eyes during the course of the day.
- 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 will be injecting an anaesthetic around the eye at the end of the surgery to prevent post operative pain. 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. Most children do not need more than a couple of doses of pain relief on day 1.
- 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. It may be difficult to install eye drops in younger children. It is OK if you are unable to put in eye drops in your child's eyes. Please discuss this with Dr Kinin at the post operative visit.
- Dr Kini will generally aim to see your child in the first 48 hours after surgery, and then in a few weeks time.

#### *Caring for your child in the first few weeks following surgery:*

- Swimming is to be avoided for two weeks following surgery.
- Your child can be given 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 will disappear in 6-8 weeks.
- Some children may be able to get back to school within a day or two, others may need a longer time to recover. Please ask Dr Kini for a medical certificate if necessary.

*If your child experiences 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).*