

ALASKA CHILDREN'S EYE AND STRABISMUS

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What to expect after eye muscle surgery/strabismus surgery:

Your eyes will be red and watery. There will be pain, especially with eye movement and bright lights. The eyes will feel scratchy and irritated. These symptoms increase for two days, then decrease from 3 to 7 days and generally improve with each day after surgery. The redness resolves after 3 to 4 weeks, sometimes persisting longer over the area of the muscle.

Sometimes patients experience double vision, typically resolving during the first week after surgery. Most people have blurry vision for 2 days after surgery.

Post-operative instructions:

Use the antibiotic drops 3 times a day for 1 week after surgery.

Please do not swim for 1-4 weeks after surgery.

It is fine to shower with care not to get a lot of water in the eyes.

Avoid heavy lifting and strenuous activity or at least 3 weeks.

Avoid prolonged reading for 1 week.

Take the pain medication as prescribed.

Use ice packs on the closed lid. This helps reduce swelling.

Try to keep the head of your bed elevated slightly. This also helps with swelling.

Call our office if you have questions, excessive lid swelling, increasing pain or vision loss.

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