



We help children and families
be their healthiest

Strabismus Repair Surgery



With your child's ophthalmologist (eye surgeon), you've decided on surgery to improve your child's strabismus (or 'eye turn') in one or both eyes. We hope this fact sheet will answer the questions you have, and will help you to take care of your child after the surgery.

What happens during the surgery?

Your child will have a general anaesthetic for this surgery. During the surgery, the eye is never taken out of the socket. We do not use lasers or cut the skin around the eye. The surgeon will:

- Make a small incision (cut) in the surface layer on the white part of the eye to reach the eye muscles
- Loosen or tighten the eye muscles so the eye will be straighter
- Make tiny stitches to keep the eye muscles in their new position and to close the surface layer on the white part of the eye. These stitches will dissolve or fall out on their own within weeks (sometimes months). They may look like eyelashes-do not try to remove them!

What will happen after the surgery?

After the surgery, your child will have red and swollen eyes. This will get better in the next few days and weeks. Your child may have:

- Pain in the eye, especially during the first week.
- A feeling like there is something in the eye. The stitches give your child this feeling, but this will get better over the next 2 weeks.
- Double vision or blurry vision. This may come and go, or be there all the time. As the eyes heal, this will get better.
- Extra tears from the eye. This happens because the stitches irritate the eye a bit. Sometimes during the first few days after surgery, the tears are pink or blood tinged. This is OK.
- White mucus in the eye when she wakes up or during the day. This is OK. You can gently remove it with a clean tissue.



How do we take care of our child at home?

Give pain medication. You can give acetaminophen (Tylenol or Tempra), and follow package directions carefully.



Apply cold compresses to the eyes during the first day or two after surgery. This works best with older children. Place the compress over your child's closed eyes for a few minutes at a time. For a compress, you can use:

- ☐ A bag of frozen peas, or ice cubes in a sealed plastic bag
- ☐ A clean face cloth soaked in cold water



Apply eye drops or ointment if your doctor prescribes these. These medicines can help to reduce swelling and prevent infections.

Give healthy meals and snacks. This will help your child's eyes to heal well.



Wash your hands for 15 seconds with soap and water before and after giving eye drops or applying cold compresses to your child's eyes.



Keep shampoo or soap out of your child's eyes. Shampoo or soap will sting your child's eyes more than usual.



Keep the glasses on. Have your child keep wearing glasses if your child wore them before your surgery (unless your doctor tells you not to). If your child was wearing an eye patch before surgery, ask your doctor if this is still needed.



Activity guidelines

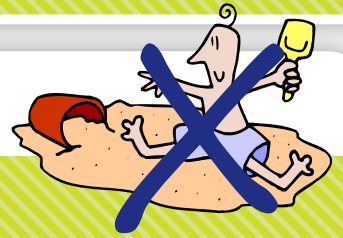
- ☐ Quiet activities are best for the _____ days after surgery.

Your child can:

- Have a bath or shower (don't get soap or shampoo in the eyes)
- Use his eyes as much as he wants for:
 - ✓ Reading
 - ✓ Using the computer
 - ✓ Watching TV
- Go back to school or daycare after _____ days

Your child must not:

- ✗ Take part in any rough activities for 4 weeks after surgery
- ✗ Go swimming for 2 weeks after surgery
- ✗ Play in sand or the sandbox for 2 weeks after surgery



When and how to call us:

- ☐ **Dr Bonn's patients:** Please call Dr. Bonn if you have any concerns. Office (613) 729-8600 Cell (613)761-8260
- ☐ If your child has had surgery, call the Ophthalmology resident on-call anytime if you notice:
- Green discharge from the eye
 - The redness or swelling of the eyelid is getting worse (especially if your child has a fever, pain and is not feeling well)
 - Your child suddenly can't see from the eye that was operated on.

How to reach the Ophthalmology resident on-call:

1. Call 613-737-7600
2. Press "0" for the operator
3. Ask the operator to page the Ophthalmology resident on-call. Please don't hang up. It can sometimes take 5-10 minutes for the Ophthalmology resident on-call to reach the operator.

If you can't reach us, please see your family doctor, go to a walk in clinic or come to our Emergency Department.

Ophthalmology Clinic

Monday to Friday, 8:00 am-4:00 pm
613-737-7600 extension 2035

If you have questions about your child's surgery, call the clinic nurse:

613-737-2418

(Monday-Friday 8:00 am-4:00pm)



Follow up Appointment

- ☐ Your child will have a clinic appointment within the first 1-2 weeks after surgery.

Date: _____

Time: _____

Where: C-8 Ophthalmology Clinic, main floor

- ☐ **Dr. Bonn's patients:** Your child's next appointment is on the appointment card Dr. Bonn has given to you.