

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.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.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET.n@nhs.net](mailto:sfh-tr.PET.n@nhs.net)

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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Discharge advice

## Squint surgery



## After surgery, your child may experience:

- Red eyes – this can last for a couple of months; your child may even have blood in their tears for a few weeks.
- Itchy eyes – this is caused by the stitches and may last for a few weeks until they dissolve. Try to avoid letting your child rub their eyes as this may cause more irritation/infection.
- Double vision – this usually passes after a few days but occasionally can last longer.
- Eye position may vary for the first few weeks and will take time to settle.
- Eye pain – this tends to last a few days and can often feel like grit or sand in the eye. Taking simple pain killers such as paracetamol/ Ibuprofen will help.
- Your child will be given eye drops or eye ointment – these must be used as directed.

## Pain and discomfort

Following the operation your child's eye will feel sore for a few days. Giving regular pain relief will help reduce some of the discomfort.

Your child or young person last had pain relief at:

Paracetamol .....

Ibuprofen .....

**Do not give more medicine than it says on the label – always follow the instructions on the bottle/packet label.**



## Returning to normal activities

It can take several weeks to fully recover from squint surgery. It is advisable to keep your child off school for one week. Your child can read or watch TV and carry out all their usual activities as soon as they are able.

Your child can return to exercise and sport after about a week, although you may be advised to avoid swimming for four weeks and contact sports for six weeks.

Try to avoid getting soap or shampoo into your child's eyes. Do not use make up close to the eyes for four weeks and your child should not play in sand or use face paints for two weeks.

## Seeking medical advice

If your child's eyes become red and painful, and their vision becomes blurred, please seek medical advice via your GP or nearest Emergency Department

## Follow up

Your child will be given an appointment in the Orthoptic clinic in around one to two week's time. If there are any concerns with regards to the appointment, please inform the ward or clinic as soon as possible.

**If your child wore glasses before surgery, they will need to continue wearing these unless directed otherwise.**

