



Squint Surgery with Adjustable Sutures

Orthoptic Department
Pilgrim Hospital
Monday to Friday 9.00am to 5.00pm
01205 446474
www.ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Aim

To provide information for patients having a squint operation using an adjustable suture (stitch).

You will soon be given three dates: your pre-assessment appointment, your operation date and post op appointment.

What does the operation involve?

Squint surgery is the repositioning of the eye muscles. This involves making a small incision in the tissue covering the eye, which allows the surgeon to get to the underlying muscles.

Possible risks from surgery

- Post operative pain and swelling around the eye which can be helped with simple paracetamol.
- Further surgery is sometimes needed to correct the squint, particularly if it is a severe squint.
- The eye may remain red for a long time after the operation. This is rare, but it may be due to scar tissue forming on the surface of the eye.
- Double vision may occur after the operation. This usually resolves itself after a week or so.
- The squint may reoccur and another operation may be needed.
- One of the eye muscles may slip after the operation, although this is very rare. This makes the eye point inwards or outwards (depending on which muscle has slipped) and can impair eye movement. It may need to be operated on again.

Further Information

Further information can be found at:

The Royal College of Ophthalmologists, Guidelines for the Management of Strabismus in Childhood, March 2012

NHS Choices: Treating a squint
www.nhs.uk/Conditions/Squint/Pages/Introduction2.aspx

- In very rare cases, the inside of the eye can be damaged during surgery.
- An infection may develop after the operation. This is possible with any type of surgery and in the case of eye surgery, eye drops or ointment are used to reduce the risk.
- An over or undercorrection of the squint may occur; sometimes this is a desirable outcome based on the type of squint.

Pre-assessment appointment

You will see the Orthoptist again who will take the final measurements of your squint and assess how your eyes will interact after the operation. Any changes found since your last assessment would then be discussed with your consultant.

Please bring your glasses to this appointment.

You will also be assessed by the pre-assessment nurse to check your fitness for a general anaesthetic. Please bring all the medication that you are currently taking to this appointment.

The pre-assessment nurse will give you further information about the arrangements for the day of your operation e.g. taking medication, eating and drinking and what to bring with you on the day.

Day of surgery

On the day of your operation you will be asked to come along to the Day Case Ward, on the second floor, Pilgrim Hospital. The Ophthalmologist and the Anaesthetist will see you prior to your surgery when you may ask any further questions that you have.

Immediately after your surgery

Later in the afternoon following your operation, you will be escorted down to the Royle Eye Department for your adjustment. You will have an eye patch on your eye.

Adjustment

When you arrive in the Royle Eye Department you will be seen by the nursing sister, the Orthoptist and the Consultant. You will be made comfortable in the treatment room, your eye patch will be removed and the eye will be cleaned.

You will be asked about any visual symptoms, including any double vision that you may be experiencing and the Orthoptist will take a measurement of the new position of your eye.

Local anaesthetic drops will be put into your eye and a speculum will be used to prevent you from blinking while the consultant makes the adjustment required to the sutures. The measurements are then repeated before either a further adjustment is made or the sutures are tied off.

An antibiotic and steroid eye drop will be instilled and a pad may be put on your eye for you to remove later at home.

After care

You will need to use the eye drops 4 times per day for 2 to 3 weeks and you will have an appointment to see the Orthoptist for a check up 2 to 3 weeks after your operation. It may be necessary to continue with the eye drops for longer; please remember that everyone recovers at different rates.

Please do not rub the operated eye for 1 to 2 weeks to allow for the healing process.

You may experience some pain following the operation which should reduce after about 24 hours, however, this can be helped by using paracetamol.

Going home

You will need to arrange transport home by car or taxi, public transport is not suitable. You should not drive yourself.

After squint surgery, you should not swim in a public swimming pool for 4 weeks and depending on the nature of your work, you are likely to need a few days to 2 weeks off. However, you can resume all your normal daily activities e.g. bathing, reading, TV, etc as soon as you wish. You should continue to use any glasses you wear as usual.

Occasionally there can be an increase in the redness of the eye post-operatively due to an allergic reaction to the eye drops. If this occurs, please contact:

Royle Eye Department
Telephone: 01205 445626
Monday to Thursday 9.00am to 8.00pm
Friday 9.00am to 5.00pm
Alternate Weekends 9.00am to 5.00pm

Orthoptic Department
Telephone: 01205 446474
Monday to Friday 9.00am to 5.00pm

If you have any concerns about your eye during the post-operative period, please do not hesitate to contact the ophthalmic team on the numbers listed.