

Following discharge from the ward,
for first 24 hours -

Telephone:

Safari Day Unit Lincoln Hospital 01522 573172
Rainforest Ward Lincoln Hospital 01522 573786
Children's Ward Pilgrim Hospital 01205 445563

After that, your General practitioner

You must contact your GP if :-
The eye/s become swollen or puffy
Or sticky with yellow matter

IF YOU ARE CONCERNED,
IT IS IMPORTANT YOUR CHILD IS SEEN BY A DOCTOR

If your child has worn glasses prior to the operation he/she
will need to do so unless advised by the doctor

Out-patients appointment

You will be sent an appointment through the post. If you are
unable to attend **please** re-arrange as it is important to check
your child's eye/s.

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



Squint

Discharge Advice

Children's Services
Lincoln County Hospital
Pilgrim Hospital Boston
Grantham Hospital
www.ulh.nhs.uk

What to expect following surgery

Your child will be given regular pain relief and encouraged to eat and drink as soon as possible after the operation. Your child needs to have passed urine after their operation. He/she will be allowed home at the discretion of the doctor or nurse. This is usually on the same day as the operation.

You may experience some of the following side effects:

- eye pain - this tends to last at least a few days and often feels like grit or sand in the eye, take simple painkillers such as Paracetamol (Calpol).
- red eyes - this can last for a couple of months, you may also have blood in your tears for a day or two.
- itchy eyes - this is caused by the stitches and it may last a few weeks until they dissolve, try not to rub your eyes.
- double vision - this usually passes after a week or so, but can last longer.

Care at home - eye drops/ointment

Your child's eye drops/ointment is best kept in the fridge as it helps to preserve them. **These should always be given according to the instructions on the label.**

**Before applying or instilling any medication
Wash hands thoroughly**

- ♦ If the eye is sticky at any time wipe from the corner of the eye outwards using previously boiled cooled water, use clean cotton wool.

- ♦ If applying ointment, start at the inner corner of the eye and work outwards trying not to touch the eye and dab afterwards with clean cotton wool.
- ♦ If drops, ask your child to tip his/her head back and gently pull down just below the lower lid and insert. Again, try not to touch the eye.

Discourage your child from rubbing the eye, as this will only make it worse

- ♦ Encourage your child to eat a well balanced diet with plenty of fluids, this will encourage the eye to heal quickly.
- ♦ If possible **avoid** smoky crowded places for the first fortnight as this may irritate the eye.
- ♦ You might find activities such as television and reading cause strain on the eye. If this is the case, restrict accordingly.

It is best that your child does not swim for two to four weeks after the operation as irritation could occur.

School

Your child may return to school approximately 2 to 3 days after his/her operation. Generally this is sufficient. It is advisable to inform your child's school about the operation your child has had so that they are aware.



Gabriela aged 13 years