

Care After a Strabismus

General Information

Strabismus is a condition in which your eyes are not in proper alignment.

Surgery is done to adjust the muscle tension of one or both eyes. Surgery may be only part of your overall treatment. You may also need to wear a patch or eyeglasses.

Surgery Site

- Follow your doctor's instructions.
- Don't rub your eyes.
- Expect a small amount of swelling and bruising.
- Your eyes may be red.
- Your tears may be tinged pink.
- You may have more tearing than usual.

Discomfort and Medicine

- If your doctor has ordered pain medicine, take as prescribed.

Activity

- Resume your activities according to your doctor's instructions.
- Alternate rest and activity.

Diet

- Eat a well-balanced diet. Good nutrition is important for healing.
- Drink more liquids to prevent constipation.
- Should constipation occur and you feel uncomfortable, you may try prune juice.

When to Call Your Doctor

Call your doctor if you have:

- poor relief of eye pain
- lots of eye redness
- lots of eye drainage
- a temperature of more than 101 F
- nausea (upset stomach) and vomiting (throwing up) that won't stop.

Other

- Refer to the instruction sheet you received at the time of discharge.
- If you have any questions or concerns, please call your doctor through the clinic.