

PATIENT INSTRUCTION AFTER MUSCLE SURGERY

1. WHAT IS IT?

A surgical procedure to straighten crossed eyes, done by weakening or strengthening eye muscle(s).

2. WHY IS IT DONE?

To correct "crossed eyes" (strabismus) in order to make the patient look better as well as to help the patient use his eyes more effectively.

3. WHAT TO EXPECT AFTER EYE MUSCLE SURGERY:

- You are going to be very sleepy and irritable -- probably for the remainder of the day after surgery.
- You may or may not have a patch on your operated eye.
- You may experience some pain in the eye you had surgery on, especially when opening your unoperated eye. This is because your eye muscles work together; therefore, when one eye moves, the other eye also moves. This movement of your operated eye causes pain.
- You may have some nausea and possibly vomiting. This is normal and is most likely because of the anesthesia. Continue to drink liquids, the nausea/vomiting eases as the day progresses.
- You may have blurred and/or double vision.
- You may not want to open the operated eye because of pain or light sensitivity.
- The operated eye may be bloodshot and puffy. The lids may be black and blue or swollen shut. This should improve day by day after surgery, but it may take as long as 6-8 weeks for all of the redness to resolve.
- There may be a sticky/crusty discharge or bloody tears from the operated eye for 2-3 days after surgery. If the eye is stuck shut, wipe away the matter with a damp towel.
- **FEVER, DECREASING VISION, INCREASING EYE PAIN, INCREASING REDNESS, INCREASING PUFFINESS, INCREASING DISCHARGE ARE SIGNS THAT THE OPERATED EYE IS NOT HEALING PROPERLY. IF YOU OR YOUR CHILD EXPERIENCE THESE SIGNS, NOTIFY DR. TRAN IMMEDIATELY AT (262) 654-0726.**

4. **THING YOU SHOULD NOT DO AFTER SURGERY:**

- Do not take/give aspirin, other medicines with aspirin in it (like Alka-Seltzer), or ibuprofen for two weeks after surgery.
- Do not eat solid foods for 24 hours after surgery, especially if nausea is present. Solids may cause more stomach discomfort and vomiting.
- No swimming in pools for two weeks after surgery.

5. **THINGS YOU SHOULD DO AFTER SURGERY:**

- Have diet of clear liquids only for the first 24 hours. This will be less upsetting to your stomach. Start regular diet the day after surgery.
- Place ice packs to the operated eye as much as tolerated for the first 48 hours after surgery. Start warm packs four times a day on the third day after surgery.
- **MEDICATIONS:** Tobradex ointment to the operated eye(s) three to four times a day. Tylenol or any "aspirin free" product as needed for pain every four hours.
- Resume all medications you were taking prior to surgery unless you were told otherwise.

6. **THINGS YOU CAN DO AFTER SURGERY:**

- Take a bath or shower the day after surgery.
- Resume full and normal activity the day after surgery with one exception -- no swimming in pools for two weeks.
- Return to work or school as soon as you or your child feel well enough -- usually the second or third day after surgery.
- Wear glasses.
- Read or watch TV.

7. **FOLLOW-UP APPOINTMENT:**

Date: _____ Time: _____ Place: _____

8. **IF YOU HAVE ANY QUESTIONS ABOUT YOU OR YOUR CHILD'S CARE OR COMFORT, PLEASE CALL DR. TRAN AT (262) 654-0726.**