

Helping Your Child After Strabismus Repair

Ophthalmology Clinic

4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2040 Fax: 604-875-3561
www.bcchildrens.ca

What to expect after surgery

- Your child may have an eye patch that will be removed in the recovery room. Some children are more comfortable with the eye patch on. If so, you may leave the patch on and remove it after returning home.
- Your child's eyes will be red and watery for the first week.
- The eyelids may be swollen which may worsen on the 2nd and 3rd day post-op
- There may be red or pink tinged tears for a day or two post-op.
- Rubbing eyes will not hurt the surgery but discourage your child from doing so as it will cause more irritation
- Blurry vision.
- Discomfort and feeling like there is something in the eye for the first 2 days.
- Your child may have crusting on the eyelids in the morning. You can remove the crust with sterile gauze moistened with cooled boiled water. Do not use cotton swabs.
- If drops are prescribed, start them as directed by physician.
- Bright light will be irritating for several days. Use sunglasses in the sunlight.
- ***Always wash your hands before and after caring for your surgical site.***

Activity

- Quiet rest for the first day is recommended.
- Your child may return to school or daycare after 1 week. In some cases your doctor may say earlier.
- Avoid strenuous physical activity for 3 weeks.
- Avoid swimming for 1 month.
- Avoid getting water in the eyes for 1 month.
- Your child may read or watch television.
- Fresh air will not hurt the eyes but avoid dust and wind.
- Your child should continue to wear their glasses, unless advised otherwise.
- Stop any patching you did before the surgery, until advised otherwise.



When to See Your Child's Doctor/ Go to the Emergency If...

- There is significant discharge from the eye
- Child complains of vision loss
- There are any abnormal eye movements
- There are signs of infection such as increased pain, increased eye or eyelid swelling after day 3 or fever greater than 38.0C for more than 3 days
- There is any increased eye/eyelid pain or redness after 48 hours
- Your child vomits for more than 24 hours after the surgery



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Follow up

- You may already have a follow-up appointment booked with your surgeon. This is usually the day after the surgery. If not, please contact them at your earliest convenience, for your appointment.
- Remember to bring your child's glasses (if they have them) and post op drops to your appointment.



Contact Information

- After hours, phone the Ophthalmology resident on call: 604-875-2161, ask for "Ophthalmology ON CALL".
- If there is an emergency and you cannot contact your surgeon's office, please call 9-1-1 or go to the emergency department at BC Children's Hospital.

Additional Instructions:
