

The pain shouldn't last more than a few days; however redness and mild discomfort can last for up to three months. This is most likely to happen with repeat squint operations.

Please remove eye patch

If your child/young person has been prescribed eye medication after their procedure it is very important to ensure these are administered to aid healing and prevent infection.

LEFT EYE		RIGHT EYE		BOTH EYES	
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Instil drop(s) time(s) a day for week(s)

Then time(s) a day for week(s).

Apply ointment times(s) a day

for week(s)

Then time(s) a day for week(s).

Your child/young person will need to have 5 – 7 days off school for and to avoid actively rubbing their eyes. This will help prevent eye infections while the eye is still healing.

Do not go swimming for 4 weeks.

If your child/young person wears glasses they should return to using them as soon as it is comfortable to do so.

Your child/young person will be sent an appointment for 1-2 weeks after surgery to assess the alignment of the eyes and check that the eye is healing correctly, it is very important to keep this appointment.

Your child/young person will need to be followed up regularly in the eye clinic as the eyes may continue to change from year to year until fully developed.

Any concerns must be checked out by a medical professional.

### Helpful Contact Numbers:

Emergencies 9am – 5pm 01553 613613  
ask to page the on-call eye doctor

Arthur Levin Day Surgery Unit  
Weekdays 8am – 6pm: 01553 613555

Rudham Ward 24 hour 01553 613844

Alternatively out of hours you can attend Accident & Emergency.

### Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343

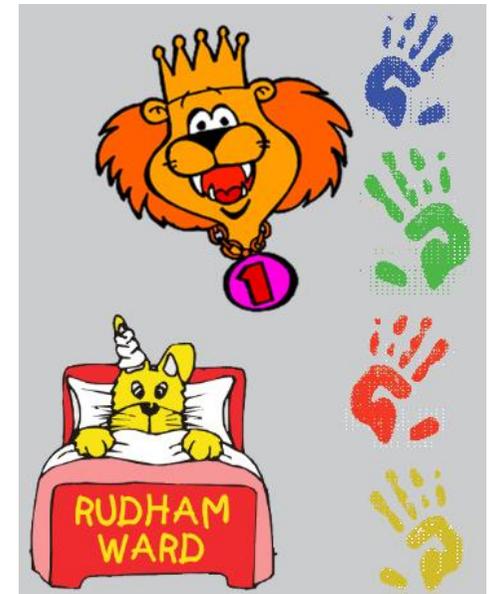
**Email:** pals@qehkl.nhs.uk

**Letter:** PALS, The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, Gayton Road, King's Lynn PE30 4ET

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

# Squint Surgery

## Paediatrics



This document can be provided in different languages and formats. For more information please contact the department where you are/were seen.

The Queen Elizabeth Hospital King's  
Lynn NHS Foundation Trust  
Gayton Road, King's Lynn PE30 4ET  
Tel: 01553 613613

**What is a Squint?** A Squint (strabismus) is the term used when your eyes are not pointing in the same direction. This means that they are not working together as a pair. One may turn either inwards, outwards, upwards or downwards, whilst the other looks at the point of interest.

**What causes a Squint?** There are many reasons for squint, common problems include: Weak or abnormal eye muscle; Uncorrected long vision, and the eye try to correct this; and in rarer cases this may be caused by abnormalities of the eye itself or eye nerves.

A child is at greater risk of developing a squint if there is a family history, or those children born with complex needs, or born prematurely.

**Does a squint require surgery?** Not all squints need an operation but a squint should always be assessed. A true squint will not get better by itself, and early detection and treatment is key.

A squint may reduce with glasses or patches, both which can make it less noticeable. It is important to be seen by an ophthalmologist if you are concerned your child may have a squint. They can give you advice regarding surgery.

**What will the operation do?** The operation aims to reduce the squint to improve the cosmetic look of the eyes. It can also help to re-align the eyes in order for them to work together.

Squint surgery is a very common eye operation. It usually involves tightening or moving one or more of the eye muscles on the surface of the eyeball, which in turn moves the eye. These muscles are attached quite close to the front of the eye under the conjunctiva (the clear surface layer). The eye is never taken out of the socket during squint surgery. Stitches (usually ones which dissolve) are used to attach the muscles in their new positions. Squint surgery is usually a day-case procedure.

**Are there any risks?** Every operation carries some risk and your Doctor will discuss these with you before your operation. Risks are rare, but there can be unpredictability in the exact position of the eyes after surgery and sometimes further surgery is required.

Every anaesthetic carries a small risk. Modern anaesthetics are very safe and your child/young person's anaesthetist is an experienced doctor who is trained to deal with any complications. After an anaesthetic some people may feel sick and/or vomit. They may also have a headache, or a sore throat, and feel dizzy. These effects are often very short lived and not severe.

**What happens before?** Doctors and Nurses will explain the operation in more detail and discuss any worries you may have. If your child has any medical problems, including allergies, please tell the doctors.

Your child will be required to remain Nil by Mouth before the operation and your appointment letter will explain this.

## **What happens afterwards?**

After the operation your child/young person will return to the ward with you to wake up fully from the anaesthetic. At this time the eye may be itchy, or sore, some children & young people are given a patch to wear temporarily so they are less able to inadvertently rub their eyes and either break stitches or introduce infection. Your child/young person will be observed on the ward for a short period of time. Once they are assessed as safe, feel comfortable and had a drink, you will soon be able to take your child/young person home.

The length of stay in hospital depends on how quickly your child/young person recovers; your child/young person will never be sent home before you are happy to go.

Your child/young person should have an escort with them to look after them whilst they are driven home.

## **Going home & Follow up:**

After your child's operation, their eye(s) will be swollen, red, itchy and sore and their vision may be temporarily double or blurry.

If your child is in pain, they can take pain relief medications according to the instructions on the product.