



Information Guide

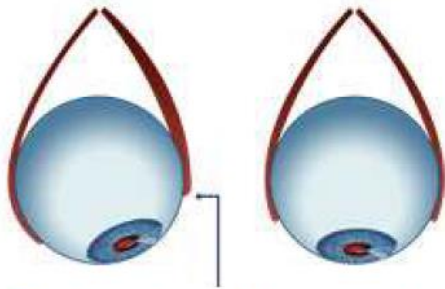
Ophthalmology

Eye surgery for strabismus

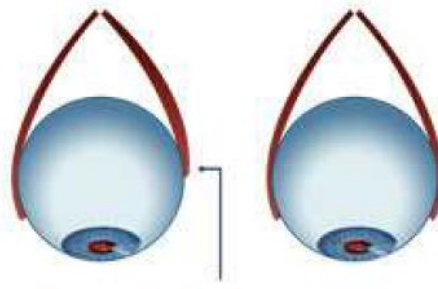
Definition:

Strabismus: Condition when the eyes are not properly aligned with each other. A surgery will correct the deviation.

Example of strabismus correction



The internal muscle is to tense: the eye deviates inwards



The muscle is released which evens out its action.



Pre-operative guidelines:

1 week prior to the surgery, discontinue the use of Aspirin and/or Entrophen. Stop the medication on the: _____.

Coumadin will be discontinued as per your doctor's order, on the: _____.

Tylenol use is allowed. Decrease the use of alcohol and tobacco during the days prior to the surgery. Do not drink alcohol or smoke the day before the surgery.

Ask your pharmacist for an updated list of your medication and bring it with you the day of the surgery, if it was not previously given to the nurse in the pre-op clinic.

Take a shower or a bath the night before or the morning of the surgery.

Plan to be accompanied for your return home and for the first 24 hours after the surgery.

- **Pre-operative diet:**

- The day before the surgery: eat normally.
- As of midnight: do not eat any solid food, milk, cereal, or any other food. You can drink water only, as much as you want, up to 3 hours before the surgery.
- **The morning of the surgery:** Take your usual medication with a little water. Do not take the following medication:

BRING ALL YOUR MEDICATION WITH YOU, INCLUDING your Insulin and your inhalers).

- Post-operative guidelines:
- Mild pain is normal, especially with eye movement.
- Eye redness is normal. It will gradually disappear.
- If the eyelid is swollen, apply compresses of very cold or icy water.
- You may read and watch television the following day after the surgery.

- You may go for a car ride, keeping the windows closed or barely opened, especially in the summer time.
- Outdoor activities/games are allowed as of the day following the surgery, except in case of strong winds and extremely cold weather. Avoid dusty places.
- Take baths instead of showers for the first 2-3 weeks after the surgery.
- You can return to work 2-3 weeks after the surgery, or as per your doctor's orders.
- Children can return to school a few days after the surgery.
- Intense physical activities (running, skiing, baseball, etc.) are allowed 3 weeks after the surgery.
- Swimming in a pool or the ocean is allowed 1 month after the surgery, earlier if your head is not put under water.
- You may wear your glasses the day following the surgery, unless indicated otherwise by your doctor.
- Wear sunglasses if bright light is uncomfortable.

Be vigilant:

- **Consult your physician if the pain in the operated eye is too significant.**
- If the operated eye becomes red and swollen.

Follow-up:

- Your next appointment will be in _____ days. Nursing and Medical follow-up:
- As per your doctor's orders.

To contact us:

During the day, Monday to Friday:

- At the ophthalmology clinic: 418 682-7680

Evening, nights and weekends:

- Info-santé: 811 or At anytime in case of complications, Present yourself at the Emergency Room of Saint-Sacrement Hospital.

