



East Suffolk and
North Essex
NHS Foundation Trust

Adult squint surgery

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(DPS: 02162-21 LN: 2610)





What is a squint?

A squint is a condition in which the eyes are not aligned. An eye can turn in, out, up or down and a squint can be in one eye or both eyes.

To find out more, you may like to visit the website www.squintclinic.com



Why do I need a squint operation?

- The operation should put your eyes in a straighter position or improve your double vision/head posture.
- It will not change the vision in the squinting eye only the position of the eye.
- It is possible that you have already had a squint operation as a child and now the squint has re-occurred.

Risks and benefits of squint surgery

Benefits: Improved appearance/symptoms/head position.

Risks: The squint may be over or under corrected and may need further surgery.

Occasionally double vision may be noticed after surgery. This is almost always temporary but, if persistent, further management may be required.

What happens before the operation?

- You will have already discussed the operation with the ophthalmologist and orthoptist and you will have been placed on a waiting list.
- Your operation will be done under a general anaesthetic.



- You will be given a pre-operative appointment date close to the date of the operation when the squint will be re-measured, any problems or queries can be discussed with the ophthalmologist and a medical check made to make sure you are fit for a general anaesthetic. If your operation is going to need an adjustable suture procedure this will be explained to you.
- You will be asked to sign a consent form allowing the operation to take place and the ophthalmologist will tell you which eye they will be operating on.
- You will be given a date and time to report to the ward on the day of the operation.

What happens on the day of the operation?

- Your operation will be done under a general anaesthetic.
- **If you are having a morning operation**, you should not eat anything from midnight on the day of your operation, but you can have clear fluids (water or squash) at 6 am.
- **If you are having an afternoon operation**, you may have a light breakfast at 7 am and drink clear fluids (water or squash) between 7 am and 11 am.
- You will need to come to the ward at the time indicated on your letter.
- The nurse will admit you and the anaesthetist and the ophthalmologist will come to see you before the operation.



What happens during the operation?

- The anaesthetist will put you to sleep with a general anaesthetic.
- The operation takes about an hour to perform and it will always be performed or supervised by a consultant ophthalmologist.
- The ophthalmologist will move the muscles on the side of your eye to a new position. This usually involves shortening and/or changing the position of the eye muscles, using dissolvable stitches.

What happens after the operation?

- Once you have come round from the operation the ophthalmologist and the orthoptist will come to see you.
- If your operation was carried out with adjustable sutures and yours need adjustment, the stitches will be adjusted at this point. Some anaesthetic drops will be put in your eye. The ophthalmologist will then move the stitch/muscle and ask you if you have double or single vision. Once the ophthalmologist is happy with the position of the eye they will securely tie off the stitch and this is the end of the operation.
- If you are feeling well enough, and have not been sick, you will be able to go home 2–4 hours after the operation but you will have been advised to bring an overnight bag as a precaution.



Precautions after the operation

- You should arrange to have someone with you for the first 24 hours after your operation.
- Do not drink alcohol, drive or operate heavy machinery for 48 hours after the operation.
- Avoid getting shampoo in your eyes.
- Avoid swimming and contact sports for a month.

Will I be in pain after the operation?

You will experience some discomfort or pain after the operation especially if you have undergone squint surgery before. This can normally be relieved by taking the pain relief medication you would normally use.

How will the eye look after the operation?

- The white part of the operated eye may look pink/red after surgery. This will gradually disappear.
- Very occasionally, you may experience bleeding and/or a swollen eyelid after the operation which resolves after a few hours.
- Double vision may be noticed after the surgery but this normally resolves within 2–3 days. Please contact the Orthoptic Department if you are concerned and they will be happy to advise you.
- You will be prescribed some eye drops to put in the operated eye to aid the healing process. Please use as instructed.
- It can take up to six weeks after the operation to see the full result of the surgery. Occasionally a further operation may be required.

What follow-up appointments do I need after the operation?

You will be given a post-operative follow-up appointment in the Eye Clinic, two weeks after the operation to see the orthoptist and ophthalmologist. It is very important that you keep this appointment so that we can check that your eye is healing well.

When can I go back to work?

You can go back to work when you feel well enough, which is usually 1–2 weeks after your surgery.

In the event of a problem, or if you would like some further advice, please ring the Orthoptic Department on **01473 703663** between 8.30am and 5pm. Outside these hours contact the hospital switchboard on **01473 712233** and ask to speak to the ophthalmologist on call.

Your experience matters

We value your feedback. Please help us improve our services by answering a simple question, in our online survey – “Overall, how was your experience of our services?”

This survey is known as “The Friends and Family Test”.

You can either scan this QR code with a smart phone camera:



Or type the following web address into your browser:
www.esneft.nhs.uk/get-involved/your-views-matter/friends-and-family-test/

Thank you very much.

Please ask if you need this leaflet in an alternative format.

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