

Eye Muscle Surgery in Adults: *Home Instructions*

Follow these instructions to care for yourself after having eye muscle surgery.

Managing your pain. Your eyes may be sore for several days after surgery.

- In most cases, the pain can be managed with acetaminophen (Tylenol) or ibuprofen. You may also be given a prescription for pain medication.
- You may also put a cold pack over the operated eye. An unopened bag of frozen peas works well because it can fit to the shape of your eye.

Preventing infection. You may be prescribed an antibiotic or eye drops to prevent infection.

- Keep your hands clean, and don't touch your eyes.
- Do not go swimming for 3 weeks after surgery. You may shower and wash your hair the day after surgery.

Redness and discharge. Your eye will be very red after the surgery. For the first 12 hours there may be blood in your tears. The redness will go away slowly, but may last several months.

- Do not rub your eyes. Gently wipe tears away with a clean tissue.

Double vision. You may have double vision for a few days after surgery, even if you didn't have it before surgery.

Adjustable suture. You may have been given an adjustable suture (stitch) during surgery. This will allow your doctor to adjust your eye later in the day or on the day after your surgery. The adjustable surgery may feel like there's something in your eye that shouldn't be there.

- If you have an adjustable suture, you will be given an eye patch to protect it. **Do not remove the eye patch.**

Activity. You may resume normal activity as soon as you feel like it.

- Don't do anything really strenuous for one week.

Follow-up appointment with your surgeon

It's important to go back and see your surgeon so you can make sure you're healing well. Your surgeon will tell you when to follow up. Write the appointment here:

Date / Time: _____

Place: _____

When should I call my doctor?

Infection is not common after eye muscle surgery. If you do have an infection, though, it needs to be treated right away. Call your doctor right away if you have these signs of infection:

- Worsening pain
- Increasing redness
- Pus draining from your eye
- Your eyelid becomes very red, swollen, and tender

