

# **Adjustable Squint Surgery in Adults**

## **Information for Patients**

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Princess Alexandra Eye Pavilion (PAEP)

### **Introduction**

This leaflet provides you with information and advice regarding your forthcoming operation and what to expect afterwards.

### **What is adjustable Squint Surgery?**

Squint surgery aims to straighten the eyes and or treat double vision. This surgery is usually done under general anaesthetic (asleep). In order to get the best possible alignment of the eyes, we sometimes put an adjustable stitch on one of the eye muscles that we are operating on. This allows us to adjust the position of the eye when you are awake if the position is not correct.

### **Before your Surgery**

- Before the day of surgery, the doctor or orthoptist will measure your squint in the eye clinic in order to plan the best operation for you. We will discuss the operation and why we think an adjustable stitch is a good idea.
- On the day of the operation we will confirm that you understand the operation and that you will have some adjustment of the eye position later that day when awake.

### **After your Surgery**

- When you wake up from the anaesthetic, there will be a pad on your eye.
- Several hours after the operation, the pad will be taken off and we will put in some anaesthetic drops to numb the eye.
- Once you are able to keep your eyes open we will examine the eye position and you can tell us whether you have double vision. Many people have double vision to begin with but this often disappears after several minutes as the eyes start to focus together. Vision may also be a bit blurry in the operated eye.

- We will take you back to the operating theatre or a treatment room for the suture adjustment. This is done with you awake. We use local anaesthetic eye drops so it won't be painful. Some people do feel a tugging sensation during the adjustment, and some people do feel some pain. If you find this painful, tell us and we will put in more local anaesthetic eye drops. We use a small eyelid clip to hold your eye open while we adjust the suture. This is a bit uncomfortable but the whole procedure only takes a few minutes.
- If the eyes are straight, then we just need to tie off the stitch. If the eyes are not properly lined up, we will need to loosen or tighten the suture to move the muscle a little bit.
- We will then get you to sit you up again and check eye position and ask you if you have double vision.

## **When you leave Hospital**

- Your eye will be padded closed for the first night and you can remove the pad the following morning.
- Your eye will be sticky & crusty for next few weeks so you may need to clean it once or twice daily with cool, previously boiled water and clean cotton wool.
- There will be eye drops or ointment to use daily for 2 weeks.
- The redness will last a month or more but will gradually reduce.
- The stitches will dissolve over 3-6 weeks.
- Your eye may be a bit painful. The pain should improve over 2-3 days. You can take paracetamol and/or ibuprofen. If it worsens, telephone the Eye Pavilion for advice.
- Swelling and redness of the white of the eye may increase a little for 2 to 3 days after the operation before starting to improve. Ibuprofen is good at reducing swelling after this surgery (which may increase over the first few days).

- Infection is rare after squint surgery. If the eye is becoming more swollen or painful after the first 2 days then telephone Ward E2.

## Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

## Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 [www.lothianbuses.co.uk](http://www.lothianbuses.co.uk)

Traveline Scotland on 08712002233 or [www.travelinescotland.com](http://www.travelinescotland.com)

Train details available from:

National Rail Enquiries on 03457 484 950 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

## Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** \*calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech Impaired? Use text relay: **18001-0300 123 1236\*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

## Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. This leaflet may be made available in a larger print, Braille or your community language.

## Contact Telephone Numbers

Ward E2 (Princess Alexandra Eye Pavilion) 0131 536 1172

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