



## After Strabismus Surgery (for Adults) a guide for patients

Most patients tolerate strabismus surgery well. Much of the discomfort occurs within the first 12 to 24 hours, and most patients can resume normal activities the next day.

### These are normal changes you will see immediately after the operation

- You may prefer to keep your eyes closed for 12 to 24 hours after surgery. This is normal. You do not need to force yourself to open your eyes sooner.
- Crusting of the eyelashes upon awakening in the morning is normal for the first few days.. You may wipe this away with a clean, warm, washcloth.
- You may have bloody tears for 12 to 24 hours. You may wipe this away with a clean tissue or washcloth.
- Expect your eyes to be swollen and red for 4 to 6 weeks. This gradually improves.
- You may be sleepy and in some discomfort after surgery. This may last 12 hours or more. You may use the prescription narcotic Tylenol, Advil or Motrin to help with your discomfort.
- Some patients have post-operative nausea and vomiting. This tends not to be too much of a problem. Usually, we give a medicine during surgery to help prevent this.

### These are rare symptoms. Please page us immediately if you notice any of them.

- persistent fever over 100 degrees Fahrenheit
- extreme irritability or lethargy; you are difficult to rouse
- increasing redness, swelling, tearing, or pain
- persistent discharge from the eyes (crusting of the lashes is normal)

### Post-Operative Medications

- eye drops: These are antibiotics/anti-inflammatory drops. Place one drop in each affected eye (or eyes) three times a day for 1 week.
- Tylenol, Advil or Motrin: Use the recommended dosage on the bottle as needed.

### Activities

- Do not swim for 2 weeks. Please try to keep water out of your eyes during baths or showers.
- Otherwise, you may resume all other activities as soon as you feel up to it. This includes attending driving, working, reading, and exercising.

### Other Instructions:

**Contacts** (Reach the staff members below through the NIH page operator at **301-496-1211**.)

Your Doctor:



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? [OCCC@cc.nih.gov](mailto:OCCC@cc.nih.gov)

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