



**Bedfordshire
Community
Health Services**



Squint Surgery in Children

Bedfordshire Eye Services



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

What is the surgery for?

The aim of most squint surgery is better alignment of the eyes. In some cases, it may improve the coordination of the eyes, allowing both eyes to work together(binocular vision).

How is the surgery carried out?

The surgery is usually performed under a general anaesthetic. The operation takes about one hour. During the operation the muscles on the surface of the eye(s) are moved and held in place with dissolvable sutures. The operation may involve one or both of the eyes. It is usually performed as a day-case procedure, with no overnight stay in hospital.

Does the surgery cure the squint?

Not necessarily, but it should improve the alignment of the eyes. In some cases,more than one operation is required.

Does the operation cure the need for glasses or a lazy eye?

No, glasses will still need to be worn after the operation and patching will need to continue.

What are the risks of the operation?

The results of squint surgery are not completely predictable because the healing of the muscles and brain to eye coordination are variable.

The main risks of surgery are:

- under or over correction of the squint with the possible need for further surgery;
- occasional double vision after surgery, which is usually short lived in children;
- occasional problems with the wound, which could require a minor adjustment, or scars;
- very small risk of damage to the eye.

Is the operation painful?

After the surgery, the eye will be red, watery, sticky and sore. Sometimes the eyelids are swollen and bruised.These symptoms usually settle within two days and the eye-drops should help this. Paracetamol suspension (Calpol) can be given if the eye is very uncomfortable.

Before the day of the surgery

You will receive a letter from the Luton & Dunstable Hospital one month before the surgery confirming the date of the operation. If not please phone Luton 01582 497377.

On the day of surgery

Your child should not eat after midnight and is allowed only sips of water until two hours before surgery.

You should present to Hedgehog Ward (4th floor Surgical Block) at 7.30am so that your child can undergo preparations for surgery including a brief visit from the eye doctor and anaesthetist. You may go down to the operating theatre with your child, and stay until your child is asleep.

After the operation

Your child will be taken to the recovery suite and, once awake, you can rejoin your child there. After surgery, the eye(s) will not be covered but ointment and painkilling drops are used to make the eye(s) more comfortable.

Your child can be discharged by the nurse on Hedgehog Ward once he/she is fully awake, has passed urine and is tolerating food and fluids. Painkillers can be given if the eyes are very uncomfortable.

Instructions for care after the operation

- try not to rub the eyes;• use the drops - MAXITROL 3 times per day;
- use paracetamol suspension if the eyes are very sore;
- exercise the eyes by moving them in all directions at least 3 times per day;
- your child can return to nursery/school in a week;
- no swimming is permitted for up to 6 weeks;
- continue using glasses as directed.

It is very important that you attend the post-op review appointment, usually one- two weeks later.

Putting in the eye-drops after surgery

Wash your hands. If the eye is sticky use cooled boiled water to clean the lids. Gently pull down the lower lid and when your child looks up, place one drop into the groove between the lid and eyeball.

Alternatively, lie your child down and place a drop on the inner edge of the eyelids.

Additional information which you may find useful can be found here: www.squintclinic.com

For further information about this service contact:

Useful contact details

Overnight after discharge

Contact the on-call eye doctor at the Luton & Dunstable Hospital through the switchboard

Tel: 0845 1270127

In the next few days

Contact the Orthoptic Department

Liverpool Road Health Centre

Tel: 0300 555 0606

Luton & Dunstable Hospital

Tel: 01582 497286

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.