



Department of Ophthalmology
Santa Rosa

Name: _____

MR#: _____

Imprint Area

**POSTOPERATIVE INSTRUCTIONS:
STRABISMUS (MUSCLE)**

WHAT YOU MAY EXPECT IN THE FIRST 24 HOURS AFTER SURGERY

- | | | |
|---------------|-----------------------------|---|
| Sore Eyes | Itchy Eyes | Swollen Eyes |
| Watery Eyes | Sleepiness | Mild Blood Tinged Discharge |
| Poor Appetite | Mild Temperature above 99°F | Possible Nausea and Vomiting
(first 1-8 hours) |

WHAT TO TAKE FOR PAIN

1. Tylenol [oral or rectal (suppository)] every 4 hours as directed by your physician.
2. Apply ice or cool pads to eyes.

DIET

1. Clear liquid diet for first 8 hours (tea, ice chips, apple juice, Jell-O, broth).
If child vomits more than 3 times during the first 6 hours at home and refuses fluids, call the Eye Department at 707-393-4022, or the Hospital Operator at 707-393-4000 and ask for the on-call ophthalmologist.
2. Increase diet gradually - avoid greasy, spicy foods during the first 24 hours.

ACTIVITY

1. Resume normal activity as tolerated.

EXPECTATIONS DURING THE FIRST THREE WEEKS

1. The healing process of muscle surgery takes approximately three weeks to stabilize.
2. The redness will decrease during this time.
3. Your eyes may feel itchy (from stitches or mucus). A child may rub their eyes - keep their hands clean, away from sick people and away from pets.

During weekdays from 8:30 a.m. to 5 p.m. call the Eye Department at 571-4022 or outside normal hours call the Hospital Operator at 571-4000 and ask for the on-call ophthalmologist if:

1. Vomiting persists longer than 4 hours at home.
2. Temperature increases above 99°F.
3. Your child appears listless, in pain after giving Tylenol, or won't drink sips of water within 2 hours at home.

FOLLOW-UP APPOINTMENT

Please keep your follow-up appointment located in your Pre-Op Packet.

**The instructions on this form have been explained to me.
I understand them and have received a copy of them.**

SIGNATURE OF PATIENT OR LEGAL REPRESENTATIVE

DATE