
Discharge Instructions for Eye Muscle Surgery

What changes should I look for?

- Your child's eye will be red or appear "bloodshot," with some swelling of the lids, and a small amount of pink or red drainage. The tears will be pink-tinged for 1 to 2 days. There may be slight bruising below the eye.
- If the skin of the eyelid is red or warm or you notice an increase in discharge after day 2, please call the clinic at 206-987-2177.
- The eyes may not be straight after surgery. The eyes need time to heal. Your child's eye alignment will be checked at the 6-8 week appointment.

When can my child eat?

- Nausea and vomiting (throwing up) are common after surgery. If this occurs, a clear liquid diet given slowly will help.
- When fully awake, your child may have clear liquids and small snacks like 7-Up, Jell-O, Popsicles and apple juice.
- If the food stays down and your child remains fully awake, your child may return to their regular diet.

How should I care for my child's eyes?

- Avoid rubbing the eye.
- It may be hard for your child to open their eyes the next morning due to dried drainage on eyelashes. Wipe drainage off by using a washcloth or cotton balls dipped in warm water.
- Apply eye ointment (Tobradex) or drops 3 times per day for 1 week. The best way to apply ointment is to have a second person hold your child's head. Gently pull down the lower lid and squeeze about a ¼-inch line into the space. Drops are best given by having your child lie down. Then have your child look up, and place a drop in the lower lid. Pressure used to open the lids should be placed on the brow and cheek, not on the eyeball.
- A cold compress can be used to reduce swelling and discomfort. Starting 2 hours after surgery, apply cold compress to the eyelid for 15 minutes at a time until bedtime. Frozen peas or freezer gel packs are OK.

To Learn More

- Ophthalmology Clinic
206-987-2177
- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask
your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527.
Tell the interpreter
the name or extension
you need.
- For Deaf and hard of
hearing callers
206-987-2280 (TTY)

How much activity can my child do?

Your child may be sleepy the day of surgery and may take an extra nap.

- Most children can go back to normal activity in 24 hours.
- Your child can move their eyes as much as is comfortable after surgery. Your child may notice double vision immediately after surgery. If so, reassure your child that this symptom usually goes away in a few days or weeks.
- No swimming for 2 weeks after the surgery.
- Ask your doctor if there are activity restrictions for your child.

What should I give my child for pain?

- Discomfort is common after surgery, but should get better after the first day.
- A cold compress over the eye(s) will help.
- You may give regular Tylenol (acetaminophen) to your child. Follow the dosage instructions on the package. Wait at least 4 hours between doses.

When should I call a doctor?

If your child is having any problems, call our office at 206-987-2177 during the day. After hours, call 206-987-2000. Please have your pharmacy information available.

Call us if your child has any of these warning signs:

- Unable to drink liquids for 24 hours
- Fever higher than 101.5°F (38.6°C)
- Increased redness, swelling or discharge (fluid) from the eye after the day of surgery
- Rapid swelling or bleeding at the site of surgery
- Pain persists or increases after the second day

Follow your surgeon's instructions for making a postoperative appointment.