



Maidstone and
Tunbridge Wells
NHS Trust

Child Squint Surgery

Information for patients

Ophthalmology Services

What is squint surgery?

During squint surgery the eye muscles are adjusted to make them stronger or weaker, thus re-positioning the eyes in relation to each other. The surgery is performed under general anaesthetic as a day-case procedure on the Eye Unit at Maidstone Hospital.

Squint surgery may be recommended for children who have a very noticeable squint. Surgery may also be recommended to help correct double vision.

Does squint surgery have any risks or complications?

As with all surgery, there are risks, the most common being:

- **Under-correction.** Sometimes the results of surgery may not be as good as expected; further surgery may be required.
- **Over-correction.** The eyes may turn slightly the other way, but this may improve in the first few months after surgery.

The very rare, but serious, risks of squint surgery are:

- **Double vision.** This may well improve in the first few months after surgery.
- **Eyesight problems.** Sometimes patching may be needed after surgery to prevent a 'lazy eye' developing; however, eyesight problems from the actual surgery are very rare.
- **A 'slipped muscle'.** If the muscle fails to attach properly to the eye immediately after the surgery another operation will be needed.
- **Complications associated with general anaesthetics.**

(Please see separate leaflet 'Your child is having a general anaesthetic')

What happens before my child is admitted?

Your child will attend a clinic at Maidstone Hospital about two weeks before their operation. They will be seen by the orthoptist and the surgeon and you will be asked to sign a consent form. If you have any concerns or questions you can discuss these at the clinic. You will either be telephoned by the pre op nurse or asked to attend an appointment with the pre op nurse.

What happens on the day of surgery?

Your child will be admitted to Riverbank ward on the day of surgery. The anaesthetist will examine your child and talk to you about the operation. For a period of time before the anaesthetic, normally six hours, your child will not be able to eat or drink anything. One parent will be able to accompany their child into the anaesthetic room until they fall asleep.

What will happen during surgery?

Surgery is performed with the eye remaining in its socket. The operation may take up to an hour and a half, after which time you will be reunited with your child. Your child may have a pad placed over their eye immediately after surgery. It is only in place to protect the eye from inadvertent scratching and will be removed when your child has woken up. It will not be replaced with a dressing as these can increase the risk of infection. Your child's eye will be red, their eyelids may be slightly red and swollen, and their tears may be pink. This is quite normal.

After the operation, if your child is well and able to eat and drink you will be able to take them home. However, if your child is unwell, they may need to remain in hospital overnight; this happens only infrequently.

When will my child be able to resume normal activities?

- They will not be able to go swimming for up to four weeks following the operation.
- They should avoid sandpits and try to avoid getting dirt in the eye for up to two weeks following the operation.
- You can help the eye heal by backwashing your child's hair and trying to prevent your child from rubbing the eye.

Will my child need any drops or ointment?

You will be given drops or ointment to put in your child's operated eye for up to four weeks after squint surgery. Initially drops should be applied three times a day but will be tailed off as the eye heals.

Always thoroughly wash your hands before applying eye-drops or ointment. If necessary use cooled, boiled water to bathe the eye. Children's paracetamol can be taken to relieve any pain or discomfort.

What about school?

Your child may return to nursery or school one week after surgery, but parents often feel their child needs a second week off.

What about my child's glasses?

If your child already wears glasses they will need to continue wearing them after the operation unless you are advised otherwise.


After the operation

- The stitches on the surface of the eye dissolve so do not need to be removed.
- It is quite normal for the eye to be red for several weeks following the operation.
- Your child will be given a follow up appointment with the orthoptist and doctor two weeks after surgery.
- If you have any questions about your child's appointments or treatment, please contact one of the orthoptic departments below on this leaflet.

What to watch out for after you go home

If your child has a lot of pain, if their eye becomes redder, or if it will not open, please contact:

Rapid Access Service (Eye Department, Maidstone Hospital)

 01622 226228

For further help or advice please contact:

- **Your GP**
- **NHS Advice**  111
- **NHS Choices online** www.nhs.uk

Clinic contacts

Maidstone Orthoptic Clinic

 01622 226236

Tunbridge Wells Orthoptic Clinic
(Planned Care)

 01622 228218

Orthoptic clinical enquiries only

mtwtrPemburyOrthoptics@nhs.net

Medway Orthoptic Clinic

 01634 830000

Extn 5792

For out of hours ring: 01622 729000, ask for the on-call eye doctor or go to your nearest Emergency Department
NHS 111 - Telephone 111

Visit NHS Choices Online www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: 01622 224960 or 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records.

If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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