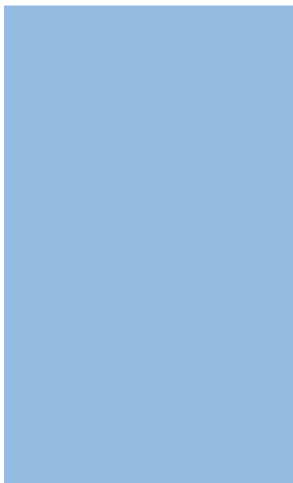
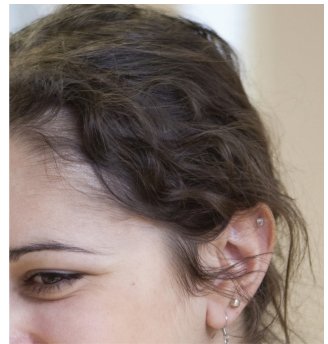
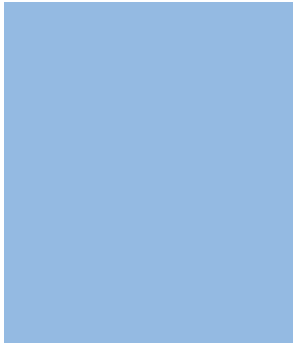




# Bradford Teaching Hospitals

NHS Foundation Trust



## Squint Surgery for Adults

*Your questions answered*



## What is a squint?

The brain controls each eye using six muscles.

A squint (strabismus) occurs when one or more of these muscles do not work normally. This means the eyes do not point in the same direction.

There are different types of squint:

- Inwards (Esotropia).
- Outwards (Exotropia).
- Or vertically (Hypertropia and Hypotropia).

One or both eyes can be affected by a squint and the squint can be constant or intermittent.

## Why do I need surgery?

Surgery can be performed on a squint to help reduce its appearance. It can also be used to help alleviate symptoms such as double vision and eyestrain in certain cases.

## Is there an alternative?

Surgery is the only permanent solution. In some cases Botulinum Toxin (botox) injections into the eye muscles can be used to reduce the size of a squint but it is not a permanent procedure and generally the effect wears off after approximately 3-4 months.

## Before the operation

A few weeks before the operation you will attend a pre-assessment clinic to discuss your stay in hospital, the procedure and what to bring on the day.



## Wristbands

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay. The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give you the right care. All hospital patients must wear the wristband at all times. If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

## Anaesthetics

You will need a general anaesthetic so you will be asleep for the whole of the surgery. The anaesthetic will be given through a cannula (a small tube in the back of your hand). You should not drive, take alcohol, sedatives, or work with heavy or dangerous machinery for 48 hours after a general anaesthetic.

## During surgery

The surgery usually lasts for about 20 minutes but you will be away from the ward for about an hour. The surgeon moves the eye muscles to straighten the eye. The eye is **not** removed from the socket.

This is a routine operation but as with any surgery and anaesthetic there are some side-effects & risks:

- A sore throat – a drink may help this.
- Feeling sick or vomiting – medicine can be given to stop this. In rare cases you may need to stay overnight until this settles down.
- Confusion – you may not know where you are or what has happened when you wake up.

## Common risks

- Double vision - this should disappear within a few days.
- Infection - can be treated with eye drops.
- Blood in the tears - this is normal for the first 24 hours.

## Serious risks

- Damage to the eye during surgery.
- Losing the muscle being operated on.
- Loss of vision.

## After Surgery

### Frequently asked questions

#### How do I look after my eyes at home?

You may be given some drops when you leave the hospital. You will be told how often you need to use them. If the eyes are painful oral Paracetamol should help.

#### Will the surgery fix the squint or will I need another operation?

Surgery should improve how the eye looks. However some people may need more than one surgery.

#### Do the stitches need to be removed?

No, the stitches are designed to dissolve by themselves over six weeks. This may leave a small scar on the white part of the eye.

#### Will rubbing my eyes affect the stitches?

No, the stitches don't move. Rubbing the eye may cause more pain so try not to.

## Will I have to wear my glasses?

Yes, if you currently wear glasses. The surgery doesn't improve vision, so you will still need glasses to see. The glasses may help improve the squint as well.

## When can I go back to work?

Usually you will need 2 weeks off work to recover.

## When can I play sport again?

You can start playing sport when you are ready to return to work. You shouldn't swim until the redness has gone, which is likely to take between 3 and 4 weeks.

## Who is involved?

- **Orthoptist** - involved in managing the squint using non surgical methods.
- **Ophthalmologist** - the eye surgeon.
- **Anaesthetist** - puts you to sleep and carries out monitoring throughout.
- **Nurses** - Looks after you on the ward.

## No Smoking Policy

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

## Contact Information

Bradford Teaching Hospitals NHS Foundation Trust

The Orthoptic Department

Ophthalmology - Eye Outpatients

Bradford Royal Infirmary

Duckworth Lane

Bradford BD9 6RJ

Monday - Friday: 9am - 4.30pm

Phone: 01274 364175

## People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 01274 364175.

If you need this information in another format or language, please ask a member of staff to arrange this for you.

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