



Strabismus (eye muscle) Surgery Pre-operative Instructions

Do not take any aspirin, aspirin containing medicines, or anti-inflammatory medications for two weeks prior to surgery (including Motrin and Naprosyn). These drugs cause bleeding that may result in blindness. Only Tylenol is okay.

- Do not use Vitamin E or C supplements or any other herbal remedies for two weeks prior to surgery. Please see the complete list of medicines that contain aspirin.
- Do not eat or drink anything after midnight on the day before surgery.
- Do not wear eye make-up on the morning of surgery.
- Purchase two 16-ounce bags of frozen peas or corn to use rather than ice cube (During the first 24 hours following surgery you will need to apply ice to your eyelids at least 20 minutes each hour while awake).

Strabismus Surgery Post-operative Instructions

- During the first 24 hours following surgery apply ice to your eyelids at least 20 minutes each hour while awake.
- You may eat or drink just the way you did before your operation.
- You may also resume taking your usual dose of medication prescribed to you by your family doctor before the operation EXCEPT ASPIRIN. You may resume your aspirin 3 DAYS AFTER surgery.
- It is not uncommon to see double after surgery, do not patch your eyes. Try to use the eyes together and make the image single whenever possible.
- Additional eye muscle surgery or prisms in your glasses may be required if the initial surgery does not relieve your double vision.

FOR THE FASTEST POSSIBLE HEALING:

- **RELAX:** do not bend, stoop, lift, or exert yourself for seven days after surgery. Do not swim for two weeks following surgery. Do not do any aerobic activity, e.g. running for two weeks following surgery. No sexual activity for two weeks.
- Do not take aspirin or aspirin-like products (Motrin, Advil, Alka selzer, Excedrin) for three days following surgery.
- Use Tobradex eye drops twice a day for seven days and then once a day for seven days and then stop the drops.
- Your sutures will dissolve during the first two post-operative months. They do NOT need to be removed.
- A minimal ache is common, especially when moving the eyes. Use Tylenol as directed and ice for relief. Moderate-to-severe pain is not common and you should call the office immediately.

WARNING SIGNS

- Increasing redness, pain or swelling
- Bleeding
- Moderate to severe pain
- Change in your vision

IF YOU HAVE ANY OF THESE WARNING SIGNS OR IF YOU HAVE QUESTIONS, PLEASE CALL OUR OFFICE IMMEDIATELY (650) 559-9150. If severe, proceed to Stanford University emergency room.