

Surgery and Cancer Division – Ophthalmology

Strabismus ‘Squint’ Surgery

Introduction

Your Ophthalmologist has recommended that you require Strabismus (or ‘Squint’) surgery. You will be provided with written information regarding your Strabismus surgery when you attend the Eye Care Centre at Leighton Hospital.

Guidance for Patients

Strabismus is where one of the eyes points in towards the nose (convergent) or out towards the ear (divergent). Sometimes one eye may point up or down. Your surgeon will assess you and advise if surgery is an appropriate treatment for you.

Strabismus is related to how the eyes focus. Convergent squint is often associated with long-sightedness. The condition often runs in the family. Strabismus can also happen if the nerves to the eye muscles, or the eye muscles themselves, are not working properly. This is more common in adults and can cause double vision. Strabismus can be serious because it affects the eyes from working together. We call this binocular vision. Binocular vision is used to judge distance and depth (3-D vision). Patients with strabismus can become self-conscious about the appearance of their eyes

Prior to surgery a thorough medical preoperative assessment is carried out. The preoperative assessment assesses your fitness for surgery and will help us to identify potential medical risks which may need attention prior to surgery.

The operation is done in theatre under general anaesthetic and usually takes about an hour. Injections of local anaesthesia may also be given to help with the pain after the operation. Depending on the type of squint, the surgeon will need to tighten or loosen one or more of the eye muscles.

After the operation you will be transferred to the recovery area and then to the ward or daycase unit. You should be able to go home after a few hours. Your surgeon will advise when you can resume normal day to day activities. Swimming or strenuous exercise should be avoided until directed by your surgeon. Following surgery arrangements will be made for you to come back to clinic regularly for your surgeon and orthoptist to check your vision and how well your eyes are working together.

How can I prepare for my surgery?

While you are waiting for your procedure it is important that you consider the following in the short term to support your well-being.

- If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight. You have a higher risk of developing complications with any surgery if you are overweight.

- Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health.
- If you have not had the coronavirus (Covid-19) vaccine, you may be at an increased risk of serious illness related to Covid-19 while you recover. Speak to your doctor or healthcare professional if you would like to have the vaccine.

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance.** Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Ophthalmologist to discuss their findings in more detail and determine a management plan.

Contact Us

Admission Date - Please call the Ophthalmology Scheduling Team 01270 278110.

Emergency Ophthalmic Advice - Please call 01270 255141 and ask for Eye Triage.