

**HOME CARE INSTRUCTIONS FOLLOWING
EYE MUSCLE SURGERY - Dr. Galang**

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Date: _____

ACTIVITY

1. Normal daily activities may be done immediately, there are no restrictions on using the eyes after surgery for watching TV or reading. Comfort will dictate how and to what extent one can use the eyes. Most people like to rest the first day.
2. No swimming or diving for 3 weeks.
3. School or work normally should resume in less than a week but physical activity should be limited for the first 10 days after surgery.
4. Children need to be kept out of the sandbox, swimming or wading pool, and dusty places for 10 days after surgery. Your child may be taken with you on outside errands and may be outside with supervision.

SURGICAL SITE CARE

1. Always wash hands before caring for eyes.
2. If an eye patch is on an the operated eye, keep in place until next appointment.
3. Glasses may be worn immediately after surgery, even over patched eye.
4. Use the ointment medication in the operated eye(s) on the same day if there is no patch.
5. Use a clean cotton ball or washcloth moistened with warm tap water to soften and gently remove sticky discharge from the eyelids as needed.
6. If there is much tearing, the eye(s) may be covered with gauze or tissue utilized as a pad.

COMFORT

It is unusual for discomfort or pain to be severe enough to require medication, but Tylenol may be given if necessary.

1. For adults, two tablets of Tylenol taken orally every 4 hours for discomfort.
2. For children older than 6, one tablet of Tylenol taken orally every 4 hours for discomfort.

3. For children 6 months to 6 years, Tylenol syrup as directed.
4. An ice pack over the eye as tolerated for the first 24 hours after surgery is helpful to reduce swelling.
5. Use sunglasses as needed for comfort. The eyes may be sensitive to light for the first 2-3 days after surgery. It is okay to squint or close the eyes for comfort.

MEDICATION

1. Use Tobradex 3 times a day until follow-up appointment.
2. New Medication:
3. Last dose of pain medication:

DIET

The anesthetic medications may make you or your child nauseated. Begin with clear liquids and then progress to solid foods as tolerated. Carbonated beverages are helpful for nausea. If vomiting persists, call Dr. Galang.

SAFETY

1. Both your vision and coordination are impaired because of your eye surgery. Extra care needs to be taken when walking and when using stairs.
2. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic
 - 12 hours after receiving sedation.
 - while taking prescription pain medication.



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3. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.
4. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your surgery.

HEALING

1. Following surgery, there may be some blood-tinged tears for up to 24 hours.
2. It is normal for the eye to be red and for the eyelids to be swollen. Redness and swelling varies considerably from one person to another, but its amount has no bearing on the final outcome or success of the surgery.
3. A slight sticky discharge on the eyelids or increased tear formation may be present for the first few days after surgery and this may stick the eye shut in the morning. If this occurs, use the warm cloth as indicated to cleanse.
4. The eye may feel scratchy. There may be a tendency to rub the eyes. However, rubbing should be avoided, if possible, but hands should be kept clean, just in case. Dirt needs to be kept out of the eyes.
5. Double vision is normal and may be present for several days after surgery. It is best not to bring undue attention to this or other eye symptom by frequently questioning your child.

It is normal for the eye position to vary in the first few days following surgery. Do not be alarmed if the eye position within the first several days is unusual.

WHEN TO CALL

If any of the following occurs, do not hesitate to call:

- Severe eye pain (some degree of pain is normal)
- Fever (greater than 100° F)
- Persistent nausea with vomiting
- Rash

WHO TO CALL

Eye Clinic Someone is available 24 hours a day to assist you.

Phone: 715.845.8201 ~ 800.472.0033

Aspirus Day Surgery Plus

6:00 am - 7:00 pm, Monday-Friday

Phone: 715.847.2907

RETURN APPOINTMENT

DR:

Date/Time:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time