

Instructions after Surgery on the Eye Muscles

- 1) Use the antibiotic **eyedrops** prescribed by Dr. Hidaji (or given to you in hospital) as follows: **one drop four times a day**.
- 2) For any discomfort, try Tylenol first (non-aspirin pain reliever). You may have also been given a prescription for a mild narcotic pain medication (usually Lortab). Take this medication if needed for pain not relieved by Tylenol.
- 3) If you need to clean around the eyes after surgery, please use a clean paper towel with eye wash solution or bottled water and gently wipe the eyelids clean.
- 4) Tylenol is safe to take. Avoid other pain relievers.

What can I expect after surgery?

Expect to have some blood tinged tears and some bright red blood on the white of the eyes. Some scratchy pain and light sensitivity is also normal after eye muscle surgery.

Is it normal to have double vision after surgery?

Yes. The eye muscles work differently due to the surgery, and they will take some time to adjust. In most cases, the double vision will resolve in a few days. During this time, be careful with dangerous tasks that require the use of the eyes including driving, climbing stairs, etc.

When can I wash/shower?

Please keep the eye(s) clean and dry after surgery. Shower using lukewarm water with the head held back. Avoid hot water and steam, as these can cause bleeding. Avoid swimming for one week.

When can I return to normal activities?

Do not stoop over or lift more than 10 pounds for one week after surgery. Avoid heavy physical exertion for a week after surgery. Highly active sports, especially contact sports, should be avoided for two weeks.

CALL THE OFFICE at 901-754-3937 if you have any questions or if:

You have severe eye pain not relieved by Tylenol or Lortab.

Thick yellow discharge from the operated eye.

Poor vision in the eye(s) that had surgery (though minor blurring is normal).

Eyelids swell or become red.

Fever higher than 101 degrees.

Anything is getting worse - pain, discharge, eyelid swelling, vision.