



## **Strabismus Surgery At Rockyview General Hospital**

Strabismus surgery involves the repositioning of the eye muscles on the eye balls to alter their function and better align the eyes. The goal of the surgery is to help the eyes work together better. This promotes better binocular vision and can eliminate double vision. The surgery does not correct vision in the individual eye. Spectacle glasses will still be needed post operatively if they were needed preoperatively. Well aligned eyes also offer proven cosmetic, interpersonal, social, and professional benefits.

During the surgery, weak muscles can be strengthened, overly powerful muscles can be weakened, and the direction of pull can also be changed. Absorbable stitches are used to reposition the muscles onto their new location on the eyeball.

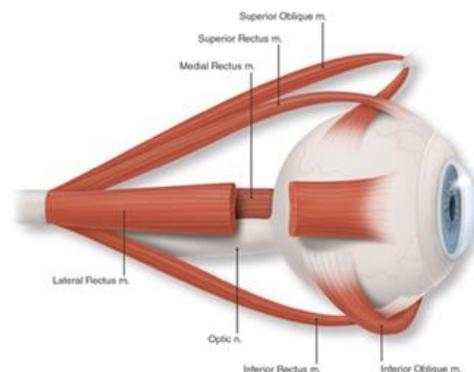
Adjustable sutures involve fine tuning the surgery under topical anesthetic when you have been awoken from the anesthetic. This procedure, if right for you, can improve the success of your surgery. However, this is not always necessary and may not always be possible as it is only done with certain types of strabismus surgery and the patient needs to be very cooperative.

Strabismus surgery is done usually under a general anesthetic. Rarely, a general anesthetic may not be used and the surgeon will opt for local freezing instead if the general anesthesia is too risky for the patient.

During the surgery, a small incision is made in the conjunctiva and the muscle is detached from its original position. It is then repositioned to its new location.

### **What are the risks involved?**

- Over/under correction resulting in a possible second procedure. (<10%) Perfect alignment is not always achievable and may not always be the goal.
- Infections: Minor infections can be managed with some extra eye drops. Serious infections are rare (1/10000), but could result in loss of vision or loss of the eye.
- Small lumps, cysts, or persistent redness have been reported and are more common if you have had previous surgery. The redness will last longer if you have thyroid eye disease.
- Eyeball perforations with the suture are very rare. If they occur, it is usually insignificant, but laser surgery may be required to seal the hole or treat a resulting hemorrhage.
- A slipped or lost muscle is rare, but would require a prompt second surgery or a prolonged intraoperative course.
- Serious reactions to the anesthetic are extremely rare. They can include cardiac arrest, death, or other bodily injury.



Your surgeon uses pre-operative measurements (orthoptics) to help calculate the amount of repositioning required and even which eye(s) should be operated on for the best possible results.

**All preoperative appointments must be attended to avoid the possibility of the surgery being cancelled.**

You will be having your surgery at:

**Rockyview General Hospital  
Highwood Building  
7007 – 14<sup>th</sup> Street SW  
Calgary, AB, T2V 1P9**

The day before your surgery, please call the hospital at **(403)943-3715** between 2:30pm and 5:30pm to find out your admission time. If you reach voicemail, please leave your name and phone number. A nurse will call you back. If your surgery is on Monday or a Tuesday following a holiday weekend, please call the previous working day.

If you need to cancel or postpone your surgery, please contact surgical booking as soon as possible at (403)245-3171. This must be done at least one week prior to surgery or a \$500 rebooking fee will apply. Exceptions will be made for emergency situations.

On the day of surgery, please go to Admitting on the main floor, south entrance (main doors) at the time given. There are restrictions on what you can eat or drink before surgery. It is important that you follow these instructions. If you do not stop eating and drinking as instructed, your surgery may be postponed. Please note that a responsible adult must accompany you home, either by driving you or going with you in a taxi. You may not drive yourself home. You should arrange for a responsible adult to stay with you for the first 24 hours after your surgery.

The following instructions apply to all patients receiving local, regional, or general anesthetic.

**Diet:**

- Do not have any solid food, milk, milk products or unstrained juices (e.g. orange juice) after midnight. This includes gum and candy.
- You may have either clear fluids up to 4 hours before surgery (water, apple juice, pop, black tea, or coffee) or nothing by mouth after midnight.

**Medications:**

- If you take aspirin or prescription anticoagulants (blood thinners), speak with your surgeon 2 weeks before your surgery or follow the directions of the consulting doctor in the Pre-Admission Clinic.
- Take regular medications (other than diabetic medications) with a sip of water unless otherwise directed.
- If you take insulin or diabetic pills, your surgeon or doctor in the Pre-Admission Clinic will tell you whether or not to take it the day of surgery. It is important to bring your medications with you to the hospital.

**Skin Preparation:**

- Please bathe or shower and shampoo your hair the evening before or morning of your admission to hospital. You will be told if you need to do any special skin preparation.
- You will need to remove all make-up before surgery. If you wear make-up to the hospital, please bring a cleanser to remove it. You do not need to remove nail polish.

- You must remove eyeglasses, contact lenses, wigs, false eyelashes and jewelry before surgery. You may also be asked to remove your denture(s) or partial plates(s). Please bring appropriate containers for these articles.

**General Instructions:**

- If you need Home Care after surgery, please tell your doctor or nurse.
- Limit smoking for 24 hours. You may wear a nicotine patch to the hospital. Bring an extra patch for after surgery. Do not chew or bring nicotine gum.
- Do not drink alcohol for 24 hours.
- If you have a fever, cold, flu symptoms or infection, call your surgeon or family doctor.

**What to Bring to the Hospital:**

- Alberta Health Care card and Blue Cross or other insurance card.
- Proof of medical coverage (out of province patients only)
- All your medications in the original containers. This includes inhalers, aspirin, vitamins, over the counter and herbal medicines.
- Personal care items:
  - Hearing aids and eyeglasses
  - Walking aids (cane, walker, crutches)
  - Braces, splints, slings
  - Comfortable clothing
- Any items requested by your surgeon
- A book or magazine to help pass the time. After your admission and before your surgery there will be a waiting period.

**What Not To Bring:**

- Anything of value (jewelry, credit cards)
- More than \$20 cash
- Cellular telephones
- Electrical appliances
- Computers

*The hospital is not responsible for any lost items.*

**Interpreter services:**

Please call (403)943-0202 to arrange for a certified health care interpreter at no cost. You may bring a family member or friend who speaks the same language as you; however, with health situations, it is important that a certified health care interpreter be used to interpret.

If you are under the age of 18, you must bring a parent or legal guardian. Legal guardians must bring proof of guardianship.

**Arrival At The Hospital:**

- You must arrive at the hospital no later than the time you are given by the Day Surgery nurse. If you are going to be late please call (403)943-3715.
- Limit the people staying with you to one.
- Do not bring children to stay as there is no one to care for them.

**Discharge From The Hospital:**

Before discharge, your nurse will give you instructions so you will be able to care for yourself at home. These will include information on medication, diet, activity, wound care, and when to contact your doctor. Please speak with your nurse if you have any questions or concerns.

**Following a General Anesthetic:**

It takes 24 hours for the full effects of anesthetic drugs to wear off. A responsible adult must accompany you home, either by driving you or going with you in a taxi. You may not drive yourself home.

**After You Go Home:**

- You should have a responsible adult stay with you for the first 24 hours.
- If you have children at home, arrange to have help with child care. Do not be responsible for small children for 24 hours.
- You may feel a little sleepy when you get home. Rest quietly for the rest of the day.
- If you feel dizzy, lie flat until the dizziness is gone.
- Drink plenty of clear fluids for the first 4-6 hours. Following that, you can have light meals. You may wish to start with foods such as soup, ice cream, toast, pudding, custard and yogurt.
- Do not drink alcohol for 24 hours.
- Do not operate motorized vehicles, machinery, or power tools for 24 hours. Do not drive if you have double vision.
- Do not sign or enter into any legal contracts for 24 hours.
- Avoid water in eye for 1 week. Showering or bathing is okay so long as you are careful.
- Avoid swimming for 2 weeks.
- Avoid strenuous activity for 2 weeks. This includes working out, sports, lifting over 10 pounds, or bending below the waist.

**What can I expect after surgery?**

- Your eye will look very red and it will feel sore like there is sand in it. We suggest the regular use of Tylenol and Advil for the first 48 hours to control the pain. After 48 hours use the pain medications as needed. Use the drops and ointment as prescribed. Ointment will soothe the eye, but will blur your vision. The appearance of overcorrection (eye turning too far the opposite way) due to swollen muscles is common. This will settle down as things heal.

Normal	Not Normal
Double vision	Red, tender and swollen lids
Red eye	Greenish or foul discharge
Pink tears or whitish mucous	An eye that doesn't move at all
Swelling of eyelids or small appearing eye	Severe pain
Reluctance to open the eye	Inability to open the eye at all/swollen shut
Discomfort/scratchy eye	
Low grade fever	

*\*\*If you have any concerns, you can call the office during regular office hours, or call Dr. Hill on her cellphone after hours\*\**

**Contact numbers**

**Main Office:** (403) 245-3171

**Rockyview Day Surgery:** (403) 943-3715

**Health Link:** 811