

Surgery to correct a squint

These instructions are intended for printing. The instructions contain sections to be filled in.

A squint, also known as strabismus, refers to a disturbance in the normal ability of the eyes to work together, where one eye is directed straight at the object being looked at and the other, squinting eye is turned in, out, up or down. There are many reasons for a squint, and determining a single reason is not possible. The aim in treating a squint is to achieve good inter-eye sharpness of vision in both eyes, a good ability of both eyes to focus at the same time on the same object in order to create a single visual image and good depth perception. Unfortunately, this end result cannot always be achieved, and instead the goal can be good sharpness of vision, ease of sight and cosmetic repair. A squint can be treated in many ways: by wearing glasses or an eye patch and by performing eye muscle surgery.

There are six muscles that move each of the eyes and they are attached to the outer wall of the eyeball. This means that there are a total of 12 eye muscles that affect the alignment of the eyes. The task of the eye muscles is to take care of the alignment of the eyes, as prompted by the brain, in such a way that both eyes are directed at the same object that is being looked at.

Procedure

One method of treating a squint is eye muscle surgery. The surgery involves moving the muscles that control eye movement or shortening them as much as needed. The operation is carried out under general anaesthesia.

Wound care

The eye that has been operated on is usually protected with a bandage until the morning following the procedure. Clean the eye every morning and night for a week using clean running water and cotton wool. The stitches will gradually dissolve by themselves, but the place where the incision was made may be red for several weeks. Glasses can be worn as normal, unless the doctor tells you otherwise.

Use eye drops in the treated eye according to the instructions in the prescription. Start cleaning the eye that is protected with a bandage and applying eye drops to it the day after the procedure.

Pain management

Paracetamol

Anti-inflammatory painkiller

Other medicine

Follow-up check usually takes place three to four months after the operation.

Sick leave

The child can go to school or day care as soon as they feel well enough, sometimes even the next day.

Sauna, swimming and sports must be avoided for a week after the procedure.

Contacting us

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Eye Disease Outpatient Clinic on weekdays 09.00–11.00, telephone 06 213 1592

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.