



Patient & Family Guide
2026

Strabismus Repair

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www.nshealth.ca

Strabismus Repair

Strabismus is a disorder where your eyes do not line up in the same direction. This means that they do not look at the same object at the same time. Strabismus is caused by uneven control in the eye muscles.

The medical name for your surgery is **strabismus repair**. The kind of strabismus you have depends on which way your eyes turn. Your eye doctor will talk with you about which muscle(s) is affected and how they will correct the problem. They may use an adjustable suture (stitch that can be moved later).

Day of surgery

- A responsible adult must come with you to your appointment. They must wait at the hospital during your surgery, then take you home and look after you for the first 24 hours (1 day) after surgery.
- **Your surgery may be cancelled if you do not have someone to drive you home and stay with you after surgery.**

After surgery

Eye patch

- You may have an eye patch on your eye. Your eye doctor will decide if an eye patch is right for you.
- You may need an eye patch if you have an adjustable suture on 1 or more of the operated muscles. The suture will be adjusted later in the day. The patch will be removed before you go home.

Adjustable suture

- Depending on the type of strabismus you have, you may need an adjustable suture. This is used to help straighten the eye. Your eye doctor will talk about this with you, if needed.
- You may have a bit of discomfort when wearing the eye patch. This is normal. You will be given eye drops to prevent pain before the suture is adjusted.
- The adjustment will be done in the Day Surgery Unit or in a treatment room before you leave the hospital.

Medication

- Your eye doctor will prescribe medication if you have any discomfort or nausea (upset stomach). Tell your nurse if you have any discomfort.
- It is a good idea to have your own acetaminophen (Tylenol® No. 1) and ibuprofen (Advil®) for when you leave the hospital. You will be given Tylenol® No. 1 to take home with you before you leave the hospital.
- You can use an ice pack on the area of your operated eye to help with discomfort and prevent swelling. Use the ice pack for **no more than 20 minutes at a time:**
 - › As often as you want
or
 - › Up to once every hour (while awake)

Double vision

- You may have double vision for a number of days after surgery. Your eye doctor will talk with you about this.
- **Do not drive if you have double vision.**

Eye ointment

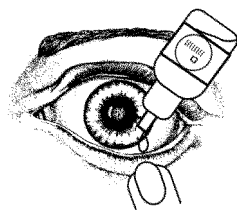
You will be given a tube of eye ointment and/or a prescription when you leave the hospital. This should be as much ointment as you will need.

How much ointment do I use?

Use a ¼-inch (1-cm) strip.

How do I use the ointment?

- Face a mirror and look up.
- Stretch your lower eyelid open by gently pulling it from the skin on your cheekbone.
- Put the ointment in this small pocket of skin, **look down**, then let go of your eyelid.



How long do I use the ointment for?

Use the ointment in your operated eye(s) as told by your eye surgeon.

Follow-up care

- You will be able to go home on the day of your surgery.
- Your eye doctor's office will contact you for a follow-up appointment.
- **Do not** swim for 2 weeks.
- **Do not** drive or use dangerous equipment for 24 hours, or if you have double vision.
- You can go back to your usual activities after leaving the hospital. Your eye doctor will talk with you about any other restrictions. Please ask if you have any questions.

Call your eye surgeon if, after 36 hours (1 ½ days), you have:

- › More redness, swelling, or pain
- › Your vision gets worse

If you cannot reach your eye surgeon, call locating at the VG (902-473-2222) and ask to have the ophthalmology resident on call paged, or go to the nearest Emergency Department.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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