

# Squint repair

## Useful guidelines for your child's recovery at home

### Diet and fluids

After beginning with a light diet following the anaesthetic, your child's intake should return to normal the next day.

### Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

### Activity

- Your child needs to rest at home for two to three days. They can return to their normal activities slowly.
- Your child should not take part in any contact or competitive team sports for at least one week after the operation or longer as ordered by the surgeon
- Your child should not go swimming until given the ok by the surgeon

### Eye care

- A small amount of discharge from the eyes is common for a few days. You can clean this with saline water (sterile salt water) and a clean face cloth such as an eye make-up remover pad.  
**Saline recipe:** Dissolve ½ teaspoon salt in 1 cup (250ml) of boiled water – allow to cool
- The eyes may look red for about two weeks
- Sunglasses may help your child if they are feeling sensitive to light
- Your child's tears may be blood-stained for the first few days – don't be alarmed

### Discomfort

Some children experience slight discomfort. This is normal and may be helped with paracetamol.

### Medications

- Give your child pain relief if needed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Ibuprofen can be given if your child is still experiencing discomfort (should be taken with food)
- If eye drops have been prescribed, administer as directed

### Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

### When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Increasing bleeding/discharge from the eyes

### A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

### Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.