



Dr. Michael Ashenhurst & Dr. Vivian Hill

Eye Physicians & Surgeons

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Adult Strabismus Surgery Post Op Instructions

- You must remain light activity for one week after strabismus surgery. No bending below the waist or lifting over 10 pounds.
- No sports or working out for two weeks.
- You cannot swim for two weeks.
- Please be careful as you shower or bathe for the first week so that no water gets in your eye(s).
- You will be unable to drive for 24 hours after surgery due to the anesthesia. You will also not be able to drive if you are experiencing double vision.
- You may be nauseated and feel unsteady or dizzy. You will be given medication for this during your surgery. You may also take Gravol. It is best to start food slowly and begin with clear fluids. Try to resist the temptation to eat a big meal right away, even if you are quite hungry from fasting.
- Your eye(s) will look very red and it will feel sore, like there's sand in it. We suggest the regular use of Tylenol and Advil for the first 48 hours to control the pain. Dr. Hill may also prescribe you some pain medication at the surgical center. Use this as prescribed. After 48 hours, use the pain medications as needed.
- Use the drops and ointment as prescribed. You can use extra ointment during the day if your eye is really bothering you. Ointment will soothe the eye(s), but will blur your vision.

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 office hours at (403)245-3171***