



Dr. Vivian Hill, MD, FCRS (C) DABO

*Eye Physicians & Surgeons*

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**Rebecca Mathias (Surgical Booking)**

## **Strabismus Surgery At The Southern Alberta Eye Center**

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.

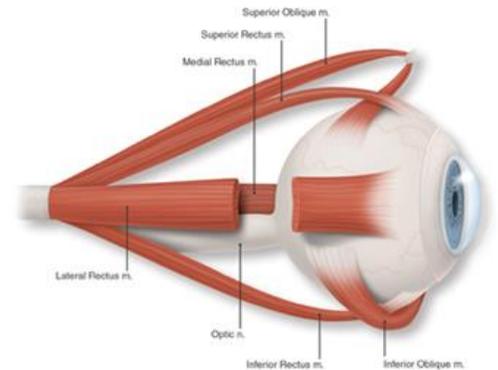
However, this is not always necessary and may not always be possible as it is only done with certain types of strabismus surgery and the patient needs to be very cooperative.

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.**

Preop Appointment(s) are at our office – 933, 17<sup>th</sup> Ave SW, Calgary, AB

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Surgery is booked on: \_\_\_\_\_

You will receive a confirmation call or email from the office 7 days before your scheduled surgery to give you your arrival time at the surgical center.  
You must confirm your surgery to avoid being cancelled.  
If you need to cancel or postpone your surgery, please contact surgical booking as soon as possible at (403)245-0112. 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.

You will be having your surgery at:

**The Southern Alberta Eye Center  
301, 5340-1<sup>st</sup> ST SW  
Calgary, AB, T2H 0C8**

The easiest way to get to the surgical center is to turn East onto 53<sup>rd</sup> Avenue SW off of Macleod trail. Follow this road to the end and you will come to a T-junction. The building is white and says the Southern Alberta Eye Center at the top. Paid parking is located at the back of the building. Please proceed to the third floor to check in.

There is a map on the following page.

After Surgery Appointment(s) are at our office – 933, 17<sup>th</sup> Ave SW, Calgary, AB

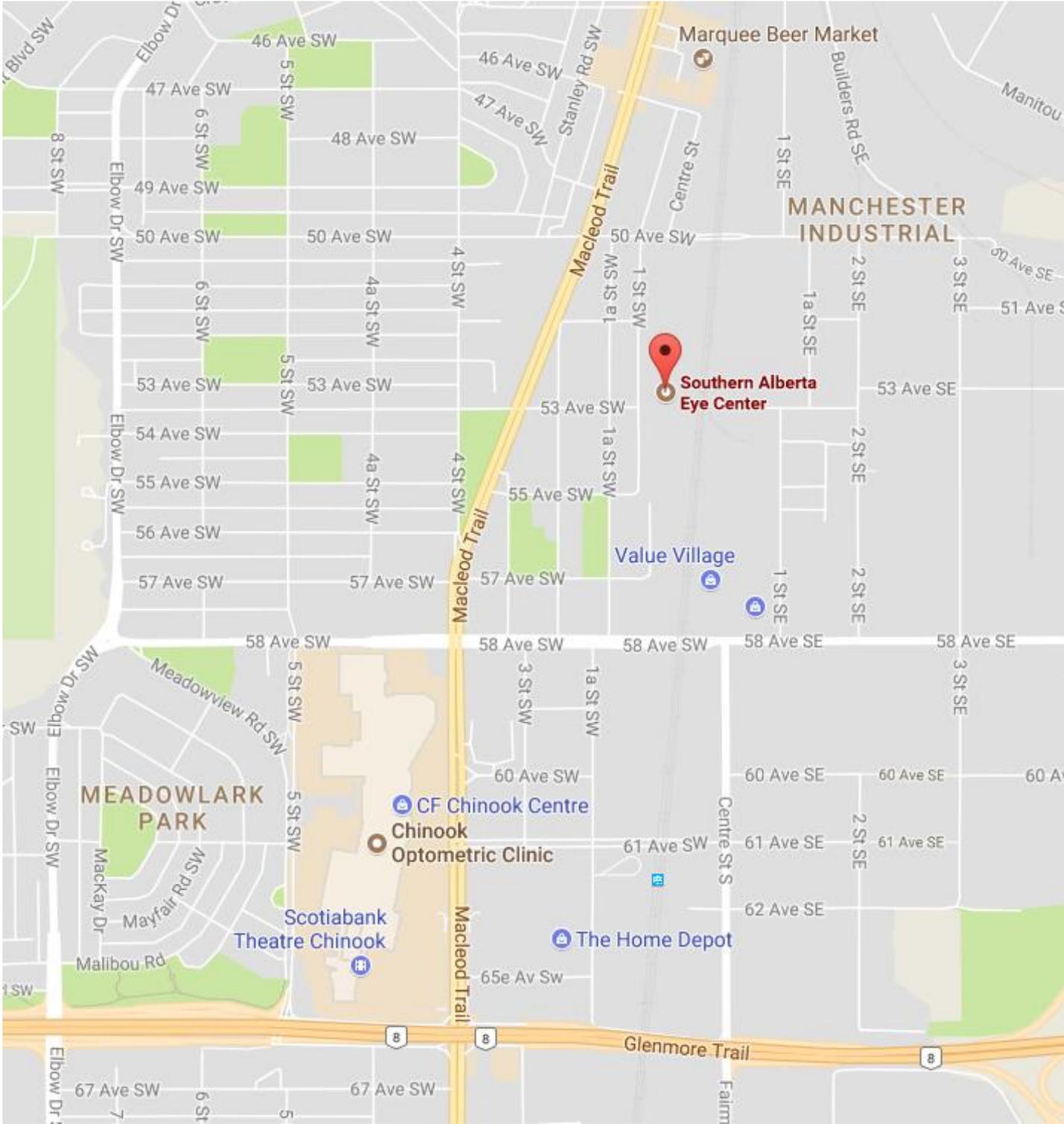
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**The Southern Alberta Eye Center**

**301, 5340-1<sup>st</sup> ST SW**

**Calgary, AB, T2H 0C8**



On the day of surgery, please go to the 3<sup>rd</sup> floor of the Southern Alberta Eye Center and check in at the surgical desk at the time you are 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. If you don't have a responsible adult available to pick you up, then your surgery will be postponed and a rebooking fee will be applied.

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) for 10 hours. This includes gum and candy.
- You may have clear fluids up to 4 hours before surgery (water, apple juice, pop, black tea, or black coffee).

**Medications:**

- If you take aspirin or prescription anticoagulants (blood thinners) or are taking diabetic medications, speak with your family doctor at least two weeks before your surgery to get instructions on stopping or tapering these medications.
- Take regular medications with a sip of water unless otherwise directed.

**Skin Preparation:**

- Please bathe or shower and shampoo your hair the evening before or morning of your surgery.
- You will need to remove all make-up before surgery. If you wear make-up to the surgical center, 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 surgical center. Bring an extra patch for after surgery. Do not chew or bring nicotine gum. It is ideal to stop smoking altogether six weeks prior to surgery. Smoking will increase your risk of surgery with general anesthesia and will slow down the healing process.
- Do not drink alcohol for 24 hours before surgery.
- If you have a fever, cold, flu symptoms or infection, call your surgeon or family doctor.

**What to Bring With You:**

- Alberta Health Care 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.

**What Not To Bring:**

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

*The surgical center is not responsible for any lost items.*

**Non-English Speaking Patients:**

It is important to have a friend, family member, or interpreter come with you to surgery to help you understand instructions given by the surgical staff.

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 Surgical Center:**

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.

<b>Normal</b>	<b>Not Normal</b>
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**

**Surgical Booking:** (403) 245-0112

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

**Southern Alberta Eye Center:** (403) 252-3937 Option 4

**Dr. Vivian Hill (cell):** (403) 619-4555

**Health Link:** 811