

*Virginia Pediatric Ophthalmology Specialists, LLC*

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Post Operative Strabismus Instructions

1. Expect the eye to be red and irritated with occasional tearing. This should gradually improve over the next several weeks.
2. There are no restrictions on diet. The only restrictions on physical activity are to keep the eyes free of dirt and water for one week. Keep the eyes free of water while bathing during the first week. No swimming for one week.
3. Whether the operated eye is patched or not, please apply a cold compress (i.e., frozen peas in a baggie) over the eye off and on for a few hours. If patched, it will be removed in the office the next day.
4. Call Dr. Wortham if you have:
  - a. Severe and persistent pain
  - b. Severe and persistent discharge
  - c. Loss of vision

If you have any questions, please contact us at: (804) 272-8040

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Patient/Representative

\_\_\_\_\_  
MD/Nurse

\_\_\_\_\_  
date