

**Sam Sato, MD PC**  
**(520) 323-2466 ext 131**

**Post-Operative Instructions for Eye Muscle Surgery**

- Continue using the antibiotic ointment three times a day for three weeks
- To clean encrusted tears, use a clean, moistened, warm washcloth
- If glasses were used before the surgery, continue to use them the day after surgery
- A soft diet should be given the day of surgery and then a normal diet may be resumed the next day
- The eyes will appear bloodshot and there also may be some minimal lid swelling. The redness and swelling may increase the day after surgery, but will gradually clear over the next several weeks
- Double vision may occur after the surgery, but it usually disappears within several days
- Sunglasses may be used after the surgery for any light sensitivity
- There are no restrictions on television or reading after the surgery
- Although there is usually no pain after the surgery, Tylenol can be used if there is any discomfort
- Be cautious when rubbing eyes, be certain that hands are clean
- May return to school and work the following Monday. For Children: avoid recess for 10 days following the surgery

**Restrictions Include:**

- Avoid dirty, dusty, windy, or sandy areas for 10 days
- No swimming for 10 days, this includes hot tub
- When shampooing the hair, avoid direct water in the eye(s) – use a dry washcloth to cover the eye(s)
- Avoid heavy lifting or strenuous exercising for 10 days