

Eye Muscle Repair Surgery in Adults

What is it and why do I need it?

Eye muscle repair is surgery to correct muscle problems that lead to **strabismus** — commonly called “crossed eyes.” Crossed eyes can cause both vision problems and social problems. Your doctor may recommend surgery if glasses or eye exercises have not improved your condition.

Eye muscle surgery is done by an **ophthalmologist**, a surgeon who specializes in eyes. The goal of eye muscle surgery is to allow the eye muscles to align in the right position and move correctly. In most cases, the eyes are straight right after surgery.



What happens before surgery?

- If you have prism in your glasses, you’ll need to get a new prescription without prism to have available right after surgery.
- Arrange for someone to drive you home after the surgery. You will not be allowed to drive.
- Tell your surgeon about **all** the medications you are taking. This includes over-the-counter medications and herbal supplements.
- Ask your surgeon which medications you should stop taking or keep taking before surgery. Write them here:

Stop taking: _____ on _____

Stop taking: _____ on _____

Keep taking: _____

- Do not eat or drink anything after midnight the night before your surgery.
- On the morning of surgery, take any medications you are still taking with a sip of water.
- Arrive at the surgery facility at _____
- If you’re not feeling well, be sure to tell your surgeon.

Potential benefits	Risks and potential complications	Alternatives
<ul style="list-style-type: none"> • Aligned eyes • Improved vision 	<ul style="list-style-type: none"> • Any time you are given anesthesia, there’s a risk you may have an allergic reaction. This could cause breathing problems. • Risks associated with this surgery include bleeding and infection. • More serious complications are rare, but include retinal detachment, decreased vision, continued misalignment of the eyes, and permanent double vision. • Rarely, some people need a second surgery. 	<p>Certain patients can be treated with glasses that have prisms.</p>

What happens during surgery?

The surgery will likely last between 30 minutes and 2 hours.

- The doctor will inject pain medication near your eye so you don't feel anything during the surgery. In most cases, you will remain awake and sleepy, but pain free.
- The surgeon will make a small incision (cut) in the clear tissue that covers the white of the eye, called the **conjunctiva**.
- The surgeon will then find the eye muscles that have problems.
- A section of the muscle or tendon may be made shorter, or it may be reattached at a different place in the eye.
- You may also be given an adjustable suture (stitch). This allows the surgeon to make minor corrections once you are completely awake.

What happens after surgery?

- If you were given an adjustable suture, it may be adjusted before you go home. This is usually not painful.
- Most patients go home the day of surgery. Depending on your overall health, your surgeon may want you to stay longer.
- Your healthcare providers will give you a separate page on instructions for what to do at home.
- Most people can return to all their normal activities within several days.