Instructions to Patients and Families Following Strabismus Surgery

Postoperative recommendations provided to parents and their families after strabismus surgery generally lack consensus regarding the need for and duration of these instructions. Variability of these instructions are often based on a surgeon’s personal experience, training, institutional policies, patient age, procedure performed, and individual factors that may differ from patient to patient. However, these postoperative instructions are necessary to avoid any possible complication caused by the direct result of patient’s or family’s behavior (eg, excessive eye rubbing or poor hygiene). In the study I co-authored with Dr. Dotan in this issue, I was surprised that only 47% of respondents suspended sandbox play for 2 weeks, considering that sand and dirt are often contaminated with potentially disease-causing organisms. Swimming pool water has been widely recognized as a medium of infection transmission, yet 28% of respondents recommended swimming resumption after 1 week. Is that too early following strabismus surgery? Perhaps all of the variability in the respondents demonstrated by this survey will result in a committee at the American Association for Pediatric Ophthalmology and Strabismus to create some new guidelines and policies in response to postoperative instructions following strabismus surgery.

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