

How should I use my eye ointment?

- Wash your hands and remove the cap.
- Sit or stand in front of a mirror and tilt your head back – look up at the ceiling.
- Pull down your bottom eyelid and gently apply 1cm strip of ointment inside the lid. Try not to touch your eye or eyelid with the end of the tube.
- Close your eye for a few seconds, then blink a few times to spread the ointment.
- Wash your hands.

How to use your eye drops

- Wash your hands.
- Check that the dropper is clean.
- Lie down or sit with your head leaning back.
- Pull down your bottom eyelid and put a drop in the space between your eye and eyelid. Try not to let the dropper touch the eye or eyelashes.
- Close your eye and then blink a few times.
- If you have to use two types of drops at the same time of day, wait a while before using the second type.
- Wash your hands.

What else should I do?

- Always read the instructions on the label and only treat the eye that you are supposed to.
- If we give you a different tube/bottle for each eye, make sure you use the right one.
- If you find it difficult to put your ointment or drops in by yourself, get somebody else to do it for you.
- Your eyesight may be blurred for a short time afterwards, so you should not drive or operate machinery until you can see properly again.
- Do not wear contact lenses during the treatment.

N.B. You may find that because of the connection between eyes, throat and mouth that you may briefly “taste” the ointment after it has been applied. You should not be alarmed by this as it is a perfectly normal occurrence.

Key reference source

- www.patient.co.uk

Have you any other questions or problems?

Please contact us at Royal Surrey County Hospital Emergency Department on **01483 571122** ext **2206 / 2207**.