

Patient information

How to Use Eye Drops and Ointment

St Pauls

How to Use Eye Drops and Ointment

Use the drops/ointment as instructed by the doctor. Read the label carefully.

1. Wash your hands thoroughly before and after use.



2. Gently pull down the lower eyelid.



3. Hold bottle/tube over the eye and look up.
4. Squeeze a drop or half inch of ointment in the space inside the lower lid.

5. Try not to touch your eye or lashes with the nozzle of the bottle or tube.
6. Let go of the eyelid, close your eye for a few minutes and blink a few times.
7. Close your eye and gently wipe any excess with a clean tissue.

If you are using more than one type of drop leave a few minutes between each medication. **Always replace the cap immediately.**

What side-effects to expect?

- Some drops will affect the size of your pupil.
- The eye drops may sting for a few minutes.
- Your vision may be blurred for a short time afterwards. If your vision is blurred you should not drive or operate machinery.

If you are unable to put in your own eye drops/ointment please inform the doctor.

Nursing staff are available to teach you how to put your drops in.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

For any further information please contact the Eye department at the hospital you attended.

**Royal Liverpool Hospital
Theatre Admissions Unit (TAU)
Mon - Fri 7:30 - 20:00
Sat 8:00 - 18:00
Sunday closed.
Telephone: 0151 706 4143**

**St Paul's Emergency Eye Department
Mon – Sun 08.00- 20.00
Telephone: 0151 706 3943**

**Aintree Hospital
You can also contact the Ophthalmology Clinic
Monday – Friday 08.30 – 5pm
Telephone: 0151 529 0186**

You can also get further information from:

**For support and information, you can trust:
www.aboutmyhealth.org**

**The Royal National Institute for the Blind
www.rnib.org.uk**

**Royal College of Ophthalmologists
www.rcophth.ac.uk**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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