



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

## Eye Care Advice

This advice leaflet will provide you with information regarding the use of prescribed eye medication.

### Application of Eye ointment/drops

Always read the instructions on the label and only treat the eye that you are supposed to. Apply the ointment/drops as often as prescribed, in the following way:

- Wash your hands.
- Stand in front of a mirror and gently pull down your lower eye-lid to create a pocket.
- *Ointment:* Apply about 1cm ribbon of this into this pocket at the inner corner, moving to the outer corner.
- *Drops:* Put the drops into this pocket
- Blink to spread the medication over your eye and keep it closed for 30 seconds.



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 blurry for a short time afterwards, so you should not drive or operate machinery until you can see properly again.

<b>Things you should do</b>	<b>Things you should not do</b>
<ul style="list-style-type: none"> <li>• If you have been advised to wear an eye-pad, please always wear it apart from when applying medication for as long as you have been told to;</li> <li>• Always make sure that your ointment or drops are closed properly and kept as indicated on the label.</li> <li>• Take pain killers if you have discomfort in your eye. Paracetamol can be bought over the counter from a pharmacy or local shops. Make sure you do not take any other product containing Paracetamol.</li> <li>• <b>With all medication it is essential that you follow the instructions on the packet or bottle carefully.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Drive while wearing an eye-pad.</li> <li>• If you wear contact lenses do not use them until your eye is healed and for 24 hours after the last dose of any eye drop or ointment.</li> <li>• Use your ointment or drops for more than 7 days after you first open them. If there is any left, throw it away.</li> </ul>
<ul style="list-style-type: none"> <li>• If you have been advised to wear an eye pad, please check with your employer that it is safe for you to do so in your job, before you return to work.</li> </ul>	

**If you are concerned about your progress, or if you have not improved within 3 - 4 days, or you get worse, please contact your GP or return to the Emergency Department/MIU where you were seen.**

**If you are at all concerned about your injury please contact the relevant Emergency Department (ED) / Minor Injury Unit (MIU):**

**Royal Gwent Hospital: 01633 234070**

**Nevill Hall Hospital: 01873 732073**

**Ysbyty Ystrad Fawr (YYF) MIU: 01443 802353 or 802349**

**Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318**

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”.**