

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 use a clean finger to gently pull down your lower eyelid to create a pocket between the lower eye lid and your eye.
- **Ointment:** Apply about 1cm ribbon of the ointment into this pocket, starting at the inner corner and moving to the outer corner of the eye.
- **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.

Things you should do:	Things you shouldn't do:
<ul style="list-style-type: none"> • 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 • Always make sure that your ointment or drops are closed properly and kept as indicated on the label. • 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 don't take any other product containing Paracetamol. • With all the medication it is essential that you follow the instructions on the packet or bottle carefully. Always check the expiry date prior to use. 	<ul style="list-style-type: none"> • Drive while wearing an eye-pad. • If you wear contact lenses don't use them until your eye is healed and for 24 hours after the last dose of any eyedrop or ointment. • Use the ointment / drops beyond the number of days you have been advised.

- 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.

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 MIU/Emergency Department where you were seen

If you are at all concerned about your injury please contact the relevant Minor Injury Unit (MIU):
Royal Gwent Hospital: 01633 234056
Nevill Hall Hospital: 01873 732073
Ysbyty Ystrad Fawr (YYF) 01443 802353 or 802349
Ysbyty Aneurin Bevan (YAB): 01495 363818
Or Emergency Department: Grange University Hospital: 01633 493287

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**