



The Correct use of Eye Ointment

Patient Information Leaflet

General Precautions:

- ◆ Always use your medicines as directed by your doctor. Read the label carefully and complete the prescribed course.
- ◆ During use, take care not to allow the nozzle of the tube to touch anything as this may contaminate the contents.
- ◆ Discard any unused ointment one month after first opening.

Directions for use:

1. Always wash your hands before and after using the eye ointment.
2. Sit down in front of a mirror so that you can see what you are doing.
3. It is quite possible to use the eye ointment on your own, but you may find it easier to ask someone else to put the ointment into your eye. Let them stand behind you while you sit in a chair and tilt your head back until you are looking straight upwards. This lets them get at your eye easier.

4. Pull down gently on the skin just below your eye to uncover the lower part of the eye ball. This exposes the inner surface of the lower eyelid and is a good place to apply ointment to. Do not touch your eye with the nozzle of the tube as this may contaminate the ointment.
5. Squeeze the tube and apply about one half inch (1cm) of the ointment to the inner surface of the lower eyelid.
6. Now release the lower lid and blink a few times.
7. Replace and tightly close the cap on the tube.
8. Allergic reactions are rare, however, if you experience any prolonged irritation, red eye or eyelid swelling after using the ointment, stop using it and contact the hospital on the telephone number listed over page.

The eye ointment may cause blurring of vision on instillation. If your eyesight is affected in any way following the use of the eye ointment you should not drive or operate machinery, until you can see clearly again. If you are using eye drops as well as the eye ointment, use the ointment at least 5 minutes after the drops.

Royal Victoria Eye and Ear Hospital

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Revision History

Ref No.	Version No.	Date Approved	Change	Section No.	Approved by
-	1	2001	New Information Leaflet	-	
PIL049	2	March 2014	Revised Information Leaflet	all	Hospital Management Group