



# **Guide to Care of Your Eye at Home**

## **Patient Information Leaflet**

## **Instructions**

1. Avoid sudden stooping, bending, straining or lifting heavy loads for 4-6 weeks.
2. Wash your hands before putting in eye drops.
3. Put drops into the middle part of your lower eyelid.
4. Never rub the operated eye.
5. An eye shield should be worn when sleeping, or during the day if out in windy weather. Ordinary sellotape may be used to hold the shield in place. The shield should be washed daily.
6. Wash your hair leaning backward instead of forward to prevent shampoo getting into your eyes.
7. Avoid use of eye make up for two weeks.
8. Avoid Swimming for two weeks.
9. If your eyelids are sticky gently clean them using cotton wool soaked in water which has been boiled and cooled.
10. Use your drops as prescribed and store them as required.

11. Contact the hospital immediately if you experience increased pain, increasing redness, increasing sensitivity to light, discharge from the eye or a complete/sudden loss of vision in the eye.

- |                  |                                  |
|------------------|----------------------------------|
| 1. DROP.....     | .....Times a Day for.....week(s) |
| 2. DROP.....     | .....Times a Day for.....week(s) |
| 3. DROP.....     | .....Times a Day for.....week(s) |
| 4. DROP.....     | .....Times a Day for.....week(s) |
| 5. DROP.....     | .....Times a Day for.....week(s) |
| 6. Ointment..... | .....Times a Day for.....week(s) |

Signature: .....

**The above is not a prescription but only a guide to assist your compliance to the prescribed treatment**

We hope that this information is helpful to you. If anything is unclear or you have any other questions you would like to ask, then please do ask the nurse/doctor.

**Royal Victoria Eye and Ear Hospital  
Adelaide Rd**

**01 6644600**

Revision History

<b>Ref No.</b>	<b>Version No.</b>	<b>Date Approved</b>	<b>Change</b>	<b>Section No.</b>	<b>Approved by</b>
-	1	2001	New Information Leaflet	-	
PIL 009	2	January 2014	Revised Information Leaflet	all	Hospital Management Group