

# Eye Injuries or Infection

An information guide



# Eye Injuries or Infection

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

You have been seen today by a doctor or clinician. You have been diagnosed with an injury or an infection to one of or both of your eyes.

You have been prescribed eye ointment and/or drops.

## Using your eye ointment

- Wash your hands thoroughly.
- Gently wipe your eye with cooled boiled water.
- Lie or sit down with your head tilted back. Pull down the lower lid of the eye and look up.
- Gently apply half an inch/1.5cm strip of ointment inside the inner surface of the lower lid. Try not to touch the eye lid with the end of the tube.
- Close the eye for a few minutes then blink several times.
- Gently wipe any surrounding residue ointment away with a soft tissue.
- Replace the lid and store in a cool place as advised on the tube.
- Any unused ointment should be thrown away after 4 weeks.
- Do not drive or operate machinery until you can see clearly again.

**Please note: The ointment turns into a liquid very quickly due to the heat of your eye.**

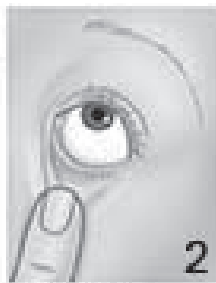
## Using your eye drops

- Wash your hands thoroughly.
- Gently wipe your eye with cooled boiled water.
- Hold the bottle in the opposite hand to the affected eye.
- Tilt your head backwards, using one of your fingers on the other hand, pull down the lower lid on the affected eye to create a pocket (see diagram 1, step 1 & 2).
- Gently squeeze the bottle allowing one or two drops to fall in the pocket of the lower eye (see diagram 1, step 3).
- Close your eye, using the same finger press it into the inside corner rolling your eye for up to 1 minute.
- Gently wipe away any excess with a soft tissue. Avoid wiping the eye itself.
- Replace the lid on the bottle and store as advised on the bottle.
- Discard the open bottle after 4 weeks of opening.

### Diagram 1



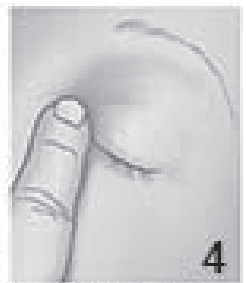
Tilt your head back



Pull your lower lid down creating a pocket



Put a drop in the pocket without touching your eye with the bottle



Close your eye and press your finger against the inside corner

If you have any concerns, please attend your local Accident & Emergency Department.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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