Royal Berkshire
NHS Foundation Trust

Cleaning your eyelids before injection

This leaflet gives instructions on cleaning your eyelids in preparation for your injection treatment. This should be done twice a day for at least three days prior to your injection appointment, if time allows.

What you will need

Cleaning solutions: Cleaning solutions can be bought at pharmacies. Alternatively, you can make a simple cleaning solution by diluting 1 part of baby shampoo in 10 parts of warm water.

Clean cotton buds and a clean washcloth to use as a compress.

Cleaning your eyelids

1. **Warm:** Apply a warm compress over your eyes for 5-10 minutes. The heat softens clogged oils in the eyelid glands.
2. **Massage:** Using a finger or cotton bud, carefully massage the skin of the upper eyelid downwards and the skin of the lower eyelid upwards toward the eyelashes. This allows the release of blocked oils from the eyelid glands. If you suffer from glaucoma, be cautious of putting pressure on the eye during this action.
3. **Clean:** Soak a cotton bud in cleaning solution and gently clean your eyelids and eyelashes. Use a fresh bud with each application – **do not re-dip the dirty bud back into the cleaning solution**. This helps to clear any flakes or debris along the eyelids / eyelashes. Clean in one direction – from the inside corner of the eye to the outside corner – so not to push any gunk or infection to any cleaner parts of eye.
4. **Rinse** your eyes thoroughly with warm water and gently dry with a clean cloth.

When to seek medical advice

If you experience any of the following:

- Sticky discharge from either eye
- Swelling in or around either eye or eyelids
- Redness or crusting

Please call the Clinical Admin Team (CAT 2) for advice at least two days prior to your injection appointment on:

- Telephone 0118 322 7169
  - Option 2 followed by option 1 for Prince Charles Eye Unit AMD
  - Option 2 followed by option 2 for Royal Berkshire Hospital AMD
  - Option 1 followed by option 1 for outpatient appointment queries
- Or email rbb-tr.cat2@nhs.net

Contacting us

If you have a minor eye problem, please seek advice from your GP, optician or pharmacist. If urgent, please attend Eye Casualty or call 111.

Eye Casualty (Reading):	Mon-Fri 8am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day.
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 8am to 5pm; Sat 8.30am-12.30pm; Closed Sun & bank holidays.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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