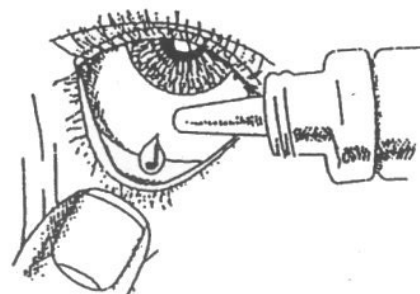


# Using eye drops and general eye care advice

This leaflet gives advice on caring for your eye(s) after leaving the Emergency Department.

## Important advice on using eye drops

- Only use eye drop medications when they have been prescribed for you.
- Wash your hands.
- Read the warning / information label and check the expiry date.
- Tilt your head back and look up.
- Gently pull down on the lower lid.
- Squeeze one drop in the eye and blink.
- Do not worry if you accidentally get a few extra drops in your eye. This will not be harmful. You will not overdose or cause damage.
- Try to avoid touching the tip of the bottle or tube to your eye to stop contamination.
- Store the medication in a cool, dry place after each use.



## Using eye ointment

- If you are prescribed eye ointment, squeeze approximately 1cm of ointment into the 'gutter' between your eye and the lower eyelid rather than directly onto the eye.
- If you need a second medication (eye drops), wait at least two minutes for the first medication to be absorbed by the eye before applying the next lot of drops.

## Eye patches

- Do not remove an eye patch unless specifically advised to do so.
- Do not drive a vehicle or ride a bicycle while wearing an eye patch.
- Be particularly careful when using stairs.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Emergency Department.

Reviewed: January 2022

Next review due: January 2024