

Information for Patients

How to manage Your Eye Pain at Home

Instructions

Step 1

If your eye pain is only mild, we recommend that you take Paracetamol 1 gram (2 x 500mg tablets) regularly every 4 to 6 hours. **Do not take more than 8 tablets in 24 hours.** Do not take with any other pain relief medication that you may be on.

Step 2

If your eye pain is moderate or severe, take Paracetamol 1 gram (2 x 500mg tablets) every 6 hours together with Ibuprofen 400mgs every 8 hours. Ibuprofen should be taken with a meal or after a meal or snack. **Do not take more than 6 ibuprofen tablets in 24 hours.**

Caution: Ibuprofen should not be taken if you suffer from the following:

- Impaired kidney function
- Active stomach ulcer
- Asthma brought on by Aspirin
- Any known allergy or intolerance of any anti-inflammatory
- Any bleeding disorders
- Severe liver problems
- If you are pregnant
- Uncontrolled high blood pressure

Please seek the advice of a pharmacist or your GP.

Some tips for managing eye pain:

- Use your eye medication as prescribed.
- Rest your eyes and avoid watching the television, reading and working on the computer.
- Take your pain relief medication as instructed/advised.
- If possible, try and get some sleep.
- A cold compress over your closed eyelids may help in relieving some of your eye discomfort.
- Avoid bright lights. Wear dark glasses to help minimise bright lights.
- Allow yourself to be taken care of.

Important

If your pain is not relieved by this regime of pain relief medication or lasts for more than 2 days please contact the Emergency Eye Department on **(0161) 276 5597** between 8.00 am - 9.00 pm every day.

If your problem is urgent and the department above is closed or you are unable to get an answer, please ring ward 55 on (0161) 276 5512 available 24 hours every day.