

## Information for Patients

# How to do your first Eye Dressing

- Thoroughly wash and dry your hands.
- Remove your plastic eye cover and any dressings covering your eye. Keep the plastic eye cover and throw away the remainder.
- Wash the plastic eye cover in warm soapy water and store it in a dry place. The plastic eye cover must be worn whilst in bed, for two weeks.
- The morning after your operation, pour cooled boiled water into a small clean container and then use this to clean your eyelids.
- Wash and dry your hands again.
- Clean your eyelids from the inside corner, (near your nose) outwards, using clean cotton wool or tissues dipped into the water. Use fresh cotton wool or tissue each time you wipe.
- Put in your eye drops or ointment as you have been shown. Keep using the drops or ointment as instructed until the optometrist or hospital doctor tells you to stop.
- Wipe any tears, drops or ointment from your cheek with a clean tissue.
- Wash and dry your hands.
- It may be necessary to clean your eyelids on a daily basis, although your eye should never be very sticky.

If your eye becomes red, very sticky or more painful please contact the Emergency Eye Department on (0161) 276 5597 8.00 am- 8.00pm every day.