

Information for Patients

How to do your child's first eye dressing

Please read this information sheet carefully before removing your child's eye dressing or cleaning their eyes/lids

- Thoroughly wash and dry your hands.
- Open any dressing packs.
- Gently remove the plastic shield or any dressings that are covering your child's eye. Keep the plastic shield and throw away the remainder.
- The plastic shield can be re-used. You will need to wash it in warm soapy water, rinse it, and store it in a clean area. The shield is a useful protective cover which should be used when your child is playing unsupervised or when they go to sleep. It is recommended that the shield be used in this manner for approximately 2 weeks.
- The nurse will advise you on how often you are likely to need to clean your child's eye/s.
- Wash and dry your hands again.
- Pour cooled boiled water into a small clean container, dip a piece of cotton wool into the solution and squeeze out any excess water, then use this to clean the eye/s.
- Ask your child to keep their eyes closed and tell them that you are going to clean their eyes, explain that you will be very gentle and try not to hurt them.

- If your child is upset by this process you may need the help of another person to calmly talk to them and provide a form of distraction (counting out loud, singing a favourite song, holding onto a favourite toy or even offering some small reward).
- Clean their eyelids from the inside corner (near the nose) outwards, using a clean piece of cotton wool for each wipe. Continue to do this until the eye/s are clean.
- Put in your eye drops or ointment as you have been shown.
- Wipe away any drops, ointment, or tears from their face.
- Throw away all dirty dressings into an appropriate bin, store all drops and ointment out of reach of your child.
- Wash and dry your hands.

If you have any questions or need any advice please contact the paediatric secretaries on 0161 701 4838 or 0161 276 5565 and we will endeavour to get back to you as soon as possible.