

## 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 or your problem is urgent, if you are a patient of the Manchester Royal Eye Hospital please contact your specialist nurse or consultant secretary via the hospital switchboard on (0161) 276 1234 Monday – Friday 9.00 am – 5.00 pm out of these hours contact the Emergency Eye Department or Ward 55 via the hospital switchboard.

## Keeping a record of your pain medication

Here is an example of how you can keep a record of your level of pain and medication taken. Your pain level can be scored between 0 -10 with 0 being no pain and 10 the worst pain ever.

Date and time	Level of Pain	Pain Relief Medication Taken