

## Information for Patients

# Using Eye Drops

## Instructions for Parents

The doctors and nurses will tell you about your child's eye drops including how often they need to be used and for how long. You should tell the doctor about any other medicines your child is taking.

Please read this information sheet carefully before putting in your child's eye drops.

- A nurse will be available to show you how to put your child's eye drops in safely.
- Always wash your hands before and after you put your child's eye drops in. This is to help prevent infection.
- Avoid touching any part of your child's eye with the dropper to avoid contamination of the drops or injury to the eye. Make sure the dropper lid is placed on a clean surface.
- Hold your child's head back, with the dropper bottle in one hand and with the fingers of the other hand gently pull the lower eye lid to form a gap.
- Squeeze the dropper bottle so that one drop goes into the gap between the eyeball and the lower eyelid. You may find that the **drops sting your child's eye**; this is normal.
- Gently close the eyelid and ask your child to try to keep it closed for a slow count of 60. This will help the drops to work.
- Wipe away any liquid that did not go into the eye with a clean paper tissue.
- If your child is having more than one type of drop they will be labelled **A, B, C, etc.** This is the order they should be used in. Leave at least **3 minutes** between each drop.

- Replace the dropper lid immediately after use and store the drops as instructed.
- Keep the eye clean. If your child's eyelids are sticky, clean them using cotton wool balls/lint pads and **cooled** boiled water.
- If you lose or run out of your child's eye drops before the end of their treatment you can get more from your General Practitioner. Once opened, the drops can be kept for 4 weeks and then must be thrown away.

Should you have any major concerns about your child's eye drops, please contact a member of the pharmacy staff on (0161) 701 4302 Monday-Friday 9.00am -5.00pm.