

Cleaning Your Child's Eye and Putting Drops in the Eye

**Children's Outpatient Department
Women & Children's Services**

This leaflet has been designed to give you important information and to answer some common queries that you may have.



Information for patients and visitors

Cleaning Your Child's Eye

Before cleaning the eye, always wash your hands thoroughly. This will prevent you from passing germs from your hands into your child's eye.

If your child has had both eyes operated on, you must wash your hands in between cleaning each eye. This will prevent any infection being transferred from one eye to the other eye.

Put some cooled, boiled water into a clean container.

Wet some clean gauze or soft tissue with the water and wipe the closed eyelid, starting with the corner nearest the nose and wiping outwards once only.

Throw the piece of gauze or soft tissue away. **Do not** use the same piece again.

Repeat this procedure using a clean piece of gauze or soft tissue each time until the eye is clean.



How to Put Eye Drops in Your Child's Eye

Wash your hands thoroughly.

Position your child in one of the following ways to make it easier for you to put the eye drops in:

Tilt your child's head back.

Lay your child flat on his / her back.

Wrap babies or very young children in a light blanket to keep his / her arms tucked safely out of the way.

Unscrew the cap of the bottle and place it on a clean tissue.

Gently pull down your child's lower eyelid to form a pocket.

Hold the dropper above your child's eye and squeeze one drop into the pocket space in the lower eyelid.

Avoid touching the dropper against your fingers, your child's eye, eyelashes, skin, or any other surface. This will prevent germs from being passed into your child's eye.

Release the lower eyelid and let your child blink a few times, this will help to spread the drop around the eye. Replace the cap on the bottle.



Read the instructions on the label and only use the drops in the eye(s) stated. If you are given different drops for each eye, make sure you use the correct drops for each eye.

If your child has been given more than one type of eye drops to use then wait for a few minutes before giving the second type. This will stop the first drop from being diluted or washed out by the second drop.

Eye ointments should be squeezed along the inside of the lower eyelid.

Information for patients and visitors

Looking After Your Child's Eye Drops

Always check the expiry date on the bottle before giving the eye drops medication to your child.

Some eye drops need to be kept in the fridge. Others just need to be stored away from direct sunlight. You will find this information on the bottle / label / information leaflet.

Always store eye drops medication in a safe place where children cannot reach them.

Eye drops should be used within four weeks of opening the bottle. There is a risk that the drops may become infected if used for longer than advised.

If you have been given eye drops to use for a certain number of days, write the date that you open the bottle on the label so you will know when to stop using the drops.

Reference Section

How to give your child eye drops, Great Ormond Street Hospital.

<http://www.gosh.nhs.uk>

Cleaning your child's eye and putting in eye drops, Nottingham University Hospitals NHS Trust. <http://www.nuh.nhs.uk>

How to use your eye drops, Moorfields Eye Hospital NHS Foundation Trust.

<http://www.moorfields.nhs.uk>

Contact Details for Further Information

For Diana Princess of Wales Hospital

If you have any concerns please don't hesitate to contact **Rainforest Ward** on (01472) 874111 ext. 7520 / 7521 or the

secretary to your child's consultant on (01472) 874111 (the operator will transfer your call).

For Scunthorpe General Hospital

Children's pre-assessment team, Children's Outpatient Department, Scunthorpe General Hospital, Scunthorpe.

Tel: 01724 282282 ext. 2027

Disney Ward

Tel: 01724 282282 ext. 2553

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be

Information for patients and visitors

shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only

ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

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Grimsby
DN33 2BA
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
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01724 282282

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
01405 720720

www.nlg.nhs.uk

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