

## Eye Care Centre

### Removing your eye dressing the day after your operation

Aim to put the first eye drop in by 8.00am on the day after your operation.

- Wash and dry your hands.
- Remove the eye dressing. Discard the pad but keep the eye shield.
- Wash the eye shield in hot soapy water and dry.
- Place cool boiled water in a clean container in preparation to clean your eye lids.
- Wash and dry your hands.
- Dip a piece of gauze or cotton wool in the water, squeezing out the excess.
- Close your eye and wipe from your nose outwards. Repeat until clean.
- You are now ready to put in your eye drops.
- **You only need to wear the eye shield at night for the next seven days.**

## How to use your eye drops

1. Read the instructions on your eye drop label. Treat only your operated eye.
2. Wash your hands prior to putting in the eye drop.
3. Ensure the tip of the eye drop bottle is clean.
4. Lie down or sit with your head tilted backwards. Gently pull down the lower eyelid and look up.
5. Place one drop in the space between the lower eyelid and the eye as shown in the picture below. Do not let the tip of the bottle touch the eye.



6. Gently close your eye and count for 60 seconds as this enables the drop to be absorbed effectively.
7. If you have to use more than one kind of eye drop, then you should allow 10 minutes in between each drop.
8. Your vision may be blurred for a short time afterwards, so do not drive or operate machinery until you can see clearly again.
9. Always keep the bottle upright and store as indicated.

Eye drops should not be used for more than four weeks after opening.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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