



Information for patients, relatives and carers

Eye Injury

How to use your eye ointment:

- Read the instructions on the label and treat only the eye stated. If you are given a different tube for each eye, make sure they are labelled, and you use the correct tube.
- Wash your hands.
- Check that the nozzle is clean.
- Lie down or sit with your head tilted back. Pull down the lower lid of the eye and look up.
- Gently apply one centimetre (1cm) strip of ointment inside the inner surface of the lower lid. Try not to touch the eye or the lid with the end of the tube.
- Replace the cap on the tube and store the tube in a cool place.
- Close the eye for a few minutes then blink several times.
- If you have any difficulty, it may be better to get someone to apply the ointment for you.
- Your vision may be blurred for a short time after applying the ointment. Do not drive or operate machinery until you can see clearly.
- Eye ointment should not be used for more than four weeks after you first open the tube. Any remaining ointment should be thrown away.

How to use your eye drops:

- Read the instructions on the label and treat only the eye stated. If you are given a different tube for each eye, make sure they are labelled, and you use the correct bottle.
- Wash your hands.
- Check that the nozzle is clean.
- Lie down or sit with your head tilted back. Pull down the lower lid of the eye and look up.
- Place the nozzle at the side of the eye and place a drop in the space between the lower eye and the eye. Try not to let the nozzle touch the eye or eyelashes
- Close the eye (do not rub the eye). Blink several times
- If you have any difficulty, it may be better to get someone to apply the drops for you.
- If you have to use two types of drops at the same time of day, wait a short time before using the second bottle.
- Your vision may be blurred for a short time afterwards. Do not drive or operate machinery until you can see clearly.
- Eye drops should not be used for more than four weeks after you first open the bottle. Any remaining drops should be thrown away.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read, or audio, please ask the staff who are looking after you.

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