

## Children's Emergency Department

# Eye drops and ointment - parent/carer discharge information



**This leaflet provides instructions on the care of your child's eye condition.**

### What should I do now?

- If both eyes are infected and need medication, ensure you use the correct labelled ointment for each eye
- Make sure you are clear about when to apply eye medications and for how long. If you are unsure, please ask the doctor or nurse who treated you
- Always wash your hands and rinse thoroughly before treating your child's eye. Ensure the medication's nozzle is clean
- To apply eye medication:
  - Tilt your child's head back and pull down the lower eyelid
  - Without letting the nozzle touch anything, place 1cm of ointment or one drop of liquid in the space between the eye and lower lid
  - Ask your child to close their eye and blink several times
- Vision may be blurred for some time after applying medication
- Store medication, in a cool, dark, dry place and not within reach of children
- Dispose of any medication which has been open for over a month
- If diagnosed with an infection, please ensure your child uses their own towels, as this is highly contagious



## Patient Information

### **What medication can I give my child/adolescent?**

- Eye drops/ointment as prescribed by the doctor/nurse practitioner
- Paracetamol and / or ibuprofen (if applicable) to be given for pain.

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

### **Return to school/activities**

You will need to inform the nursery/school/college that you child is using eye drops or ointment. If your child has been diagnosed with conjunctivitis, guidance from Public Health England (PHE) the Health Protection Agency, states that it is not necessary to exclude a child from school or from childcare if they have infective conjunctivitis, unless there is an outbreak of several cases.

### **For further advice/information:**

- Call 111 (24 hours a day)
- Contact your GP

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### **Document History**

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