

EYE CLEANING & ADMINISTRATION OF EYE DROPS OR OINTMENT - CHW

HEMOCARE GUIDELINE[®]

How to Clean the Eyes with Water

Water Preparation:

Boil 4 cups of tap water for 5 minutes. Let the water cool down to room temperature. Once the water is cool it may be used to clean the eyes. Store the boiled water in a clean container with a lid. This water can only be used for 24 hours. Repeat this process daily.

Procedure:

1. Wash your hands with soap and water
2. Lie your child down. If an infant, wrap or swaddle to keep hands away and to make them feel secure.
3. Dip the cotton wool or the disposable face (make-up) pad into the cooled boiled water
4. Gently clean the eye from the nose to the outer corner and discard cotton wool or disposable face pad. Pay particular attention to the eyelashes.
5. Repeat until all discharge is removed from the eye and eyelashes
6. Wash your hands with soap and water
7. Repeat the cleaning process in the morning and at night for 3 days.

How to Give Eye Drops

1. Wash your hands with soap and water
2. Lie your child down. If an infant, wrap or swaddle to keep hands away and to make them feel secure.
3. Uncap the bottle. Pat dry the eyelids with a clean tissue for a firmer grip
4. Pull lower lid gently down with forefinger to form a pouch (Figure 1). If child is not cooperating, dry the eyelids. Use your thumb and index finger on the upper and lower lids (as close as the eyelashes as possible) and gently pull lids apart
5. With the other hand hold the bottle gently at 90 degrees angle to the eye. Avoid touching the eyelashes or eyes, and gently squeeze the recommended number of drops.

6. Shut eye for approximately 1 minute. Hold a tissue over the nose and directly over the inner corner of the eye. This action will allow the medication to stay in the eyes and avoid the drops from running into the nose.
7. Wipe away any excess of drops from face.
8. Recap bottle.
9. Wash your hands with soap and water.



Figure 1

How to apply Eye Ointment

1. Wash your hands with soap and water.
2. Lie your child down. If an infant, wrap or swaddle to keep hands away and to make them feel secure.
3. Uncap the tube. Pat dry the eyelids for a firmer grip.
4. Pull lower lid gently down with forefinger to form a pouch (similar to Figure 1.). If child is not cooperating, dry the eyelids. Use your index finger on the lower lids (as close as the eyelashes as possible) and gently pull eyelid down to make a pocket.
5. Hold the tube parallel to the eye to avoid injury. Squeeze a line of about 1 cm into the eye lid pocket.
6. If child resists apply ointment on your fingertip and then pull down the lower eyelid with your thumb. Apply the ointment into the lower eyelid pocket.
7. Wipe away excess of ointment with tissue.
8. Wash your hands with soap and water.

NOTE:

- Always wash your hands before and after attending the eyes.
- Always clean the eyes prior given eye drops or applying eye ointment.
- If using more than one drop always leave 2-3 minutes between drops.
- Store drops in the fridge if indicated on the bottle.
- If using ointment and drops, use drops first.
- Use medication only prescribed for your child.

If you have any urgent problems or questions contact:

- **Eye Registrar on-call:** Contact via the switch (02) 9845 0000
- **The Ophthalmic Nurse:** (02) 9845 2274 or (02) 9845 0000
Contact via the switch page 6297 Monday to Friday 8:00 am to 4:30 pm
- **The Eye Clinic:** (02) 9845 2270 (8am – 4.30pm Mon-Fri)
- **Health Direct Australia (Kidsnet):** 1800 022 222
A registered nurse will provide assistance 7 days a week, 24 hours a day.