

# Department of Ophthalmology

## Paediatric Ophthalmology

# Eye care for your child

## Parent information leaflet

This leaflet gives you advice on different aspects of your child's eye care.

You must wash your hands thoroughly before starting any aspect of your child's eye care.

### Cleaning the area around your child's eye(s)

You do not need to use sterile resources to carry out this task.

Using a clean face cloth and some cool boiled water bathe the area around your child's eye lids using gentle sweeping movements. Starting from the inside of their eye (by their nose) and moving to the outside (towards their ear) in one smooth continuous movement. Use a clean face cloth each time you clean your child's eye(s).

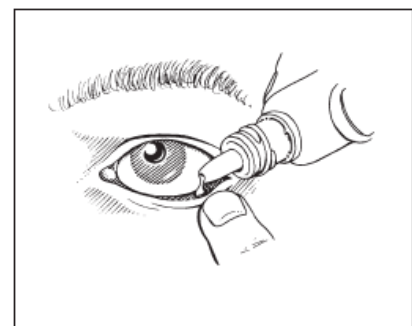
If your child's eye lids or lashes have any hardened discharge ('crusts') apply a compress (face cloth or cotton wool) warmed with warm water (and a few drops of baby shampoo, if your child will tolerate this) to your child's closed eyelids for a few minutes. Gently move the compress over the closed eyelids for two to three minutes and then repeat. This will help loosen any crusting.

### Administering eye drops

Read the instructions on the label attached to the bottle and only treat the eye stated.

Depending on your child's age, they may prefer to sit up right whilst you administer their eye drops. Some children will prefer to lie down and you may find this easier.

Hold the bottle of eye drops with your dominant hand. With the index finger of your other hand gently pull down your child's lower eye lid. This will create a pocket for you to administer the eye drops into. Please see the diagram opposite.



Administer the eye drops as they have been prescribed. Whilst administering the eye drops encourage your child

to look up at the ceiling. Avoid touching the tip of the bottle on your child's eye. After you have successfully administered the eye drops encourage your child to keep their eye(s) shut for a few seconds.

Wipe away any excess medication that spills out onto your child's cheek with a clean soft tissue.

If you are using more than one type of drop at the same time of day, wait a few minutes before administering the next drop.

Please follow the instructions on the bottle as to the safe storage of your child's medication. When you are not using the drops, keep the bottle tightly closed and stored in a cool dark place, or a refrigerator if you are told to do so.

## Administering eye ointment

Read the instructions on the label attached to the bottle and only treat the eye stated.

Depending on your child's age, they may prefer to sit up right whilst you instill the eye ointment. Some children will prefer to lie down and you may find this easier.

Hold the tube of ointment with your dominant hand. With the index finger of your other hand gently pull down your child's lower eye lid. This will create a pocket for you to administer the ointment into. Please see the diagram on the previous page. Avoid touching the tip of the tube on your child's eye.

Administer the ointment as it has been prescribed. Whilst administering the eye ointment it may help if you encourage your child to look up at the ceiling. The ointment may blur your child's vision, this is perfectly normal. It is advisable to apply the last dose of the day at bed time so that the treatment has minimal impact on your child's vision.

If your child has been prescribed eye drops and ointment for use at the same time of day, administer the eye drops first, then wait a few minutes before applying the ointment.

Please follow instructions on the packaging as to the safe storage of your child's medication. When you are not using the medication, keep the bottles/ tubes tightly closed and stored in a cool dark place, or a refrigerator if you are told to do so.

## Alternatives

Please be sure to ask about any alternatives to your child's plan of care during their consultation.

## Contacts and further information

If you have any concerns relating to your child's immediate health please contact your General Practitioner. Alternatively, if the matter is a query relating to your child's diagnosis and is not urgent, please be sure to ask your questions at your next outpatient appointment or contact one of the following:

Consultant Paediatric Ophthalmologist,  
Department of Ophthalmology,  
Clinic 3, Box 41,  
Addenbrooke's Hospital,  
Cambridge University Hospitals NHS  
Foundation Trust,  
Hills Road, Cambridge, CB2 0QQ  
Secretary: (01223) 216700

Clinical Nurse Specialist for Paediatric  
Ophthalmology,  
Department of Ophthalmology,  
Clinic 3, Box 41,  
Addenbrooke's Hospital,  
Cambridge University Hospitals NHS  
Foundation Trust,  
Hills Road, Cambridge, CB2 0QQ  
Tel: (01223) 596414  
Pager: 156 - 2251 (via Addenbrooke's  
Switchboard = 01223 245151)



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



### Document history

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