



Glaucoma laser clinic – how to use your eye drops after treatment



Following your laser procedure, it is normal to feel pressure at the back of your head or for your vision to be slightly blurry. This will slowly get better in the next few hours.

You shouldn't feel pain, but if you do, please do not hesitate to contact one of the nurses in the laser clinic. You can do this via the main switchboard on 020 7253 3411 ext: 4441 or by calling Moorfields Direct (see bottom of leaflet for contact details). Out of hours, please contact our A&E department via the main switchboard on 020 7253 3411.

After your laser treatment, you will need to use drops for at least one week. This leaflet is designed to help you use your drops effectively.

If you already use eye drops for your usual ophthalmic treatment (for example, glaucoma or dry eyes), please continue to use them in addition to the drops below. The nurse practitioner will explain how to space the drops apart and will check the drops below according to your prescription.

Medication/ eye drops:

- ☐ Prednisolone 1% (PredForte)
- ☐ Prednisolone 0.5% (Predsol)
- ☐ Dexamethasone 0.1% (Maxidex)
- ☐ Ketorolac trometamol (Acular)

Instructions for daily use:

- ☐ Every hour for 24 hours, then four times a day for one week
- ☐ Four times a day for one week
- ☐ Up to three times a day if in pain/discomfort

Date:

Nurse's name: (print and sign)

Together with our patients, we have developed the popular 'wrist-knuckle' technique to help make putting in eye drops easier and safer. Please read the step by step guide below



Wrist-knuckle technique

1. Check the expiry date on your eye drop bottle, and shake if required.
2. Wash your hands before opening the bottle.
3. Lie down or sit down and tilt your head back.
4. Make a fist with one hand and use your knuckles to pull your lower eyelid downwards. Place your other hand with the eye drop bottle onto your knuckles (see figure 1).
5. Look up and squeeze one drop into your lower eyelid, making sure the nozzle does not touch your eye, eyelashes or eyelid.
6. Close your eye and press gently on the inner corner of your eye for 30-60 seconds to ensure the drop is fully absorbed.



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**Moorfields Eye Hospital NHS
Foundation Trust** City Road, London
EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline
Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye
conditions and treatments from
experienced ophthalmic-trained nurses.

**Patient advice and liaison service
(PALS)**
Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides
confidential advice and support to help
you with any concerns you may have
about the care we provide, guiding you
through the different services available
at Moorfields. The PALS team can also
advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs