



Your discharge information

Please use this leaflet with the main leaflet given to your parent/guardian.

We have included important information about telephone numbers, your eye drops and advice about caring for your eye/s at home. For most eye operations, you will need to take special care for two to four weeks so please make sure to follow the advice below.

How to clean a sticky eye:

If your eye or eyelid(s) have become sticky, use some cooled boiled water and tissues to gently clean the eye lid(s), going from the inner corner towards the outer corner of the eyelids. Be careful not to poke your eye when doing this.

Using your eye drops:

It is really important to use your drops properly at the right times. That means you need to keep still and let your parent/guardian get the drops in - or you might be able to put them in yourself. Your eye nurse can show you how to do this before you go home.

Taking pain medicines:

Taking showers and washing your hair:

Try to keep the water/soap/shampoo out of your eyes when showering or having a bath. Keep your eyes tightly closed or put a clean flannel over your closed eyes to protect them when washing your hair or face. You could get help to wash your hair in a backwards position to prevent soap or water entering your eye/s (please do not do this if you have been specifically told not to lie back).

Swimming:

- ☐ Do not swim for.....
- ☐ You can swim with goggles
- ☐ You can swim
- ☐ Other.....

Playing PE, doing sports, riding bikes & skateboards:



Windy conditions and sand:

Reading and using screens:

Treating your eye gently:

Who to contact if you are worried:

Author: Paediatric information group

Revision number: 1

Approval date: August 2018

Review date: August 2021

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

