Paediatric information: for parents

Your child’s discharge from hospital

This leaflet provides advice that we hope you will find useful at home. Please discuss any concerns you may have with the nursing staff before you leave the children’s ward.

Inserting your child’s eye drops

It is essential to use your child’s eye drops as regularly as the clinician has instructed, however we are aware that eye drops are not the easiest of medicines to administer, and you may find it difficult to put your child’s eye drops in. You may therefore find the following instructions helpful:

1. Wash your hands.
2. Ask your child to lie down or to tilt their head back (this applies to an older child).
3. When putting the eye drops in, either:
   - Ask your child to look up when sitting or lying down, then gently pull down the lower lid, and put the drops inside the lower lid.
   - Ask your child to close their eyes, put the drops on their eyelashes, and ask them to blink.

Points to remember when inserting eye drops:

- Don’t let the dropper touch your child’s eye or skin.
- Put in your child’s eye drops at a set time each day so you’re less likely to forget – the chart at the end of this leaflet might help with this.
- If you notice that your child’s eye lid(s) have become slightly sticky, use some cooled boiled water and tissues to gently clean the eyelids (from inner corner out). Please take care not to poke your child’s eye whilst doing this!

Your next clinic appointment

Please ensure that you attend follow-up appointments so that we can check that everything is okay with your child’s eyes. Please also discuss any concerns you may have with the nursing staff before you leave the hospital.
Your next follow-up appointment is on:

- Date:
- Time:
- Location: Richard Desmond Children’s Eye Centre - 3rd floor/ 4th floor/ward/private patients (ward staff to delete as necessary).

Some dos and don’ts following your child’s discharge

Do:

- Wash your hands before touching your child’s eye.
- Put drops in regularly as prescribed.
- Keep follow-up appointments in clinic.
- Wash your child’s hair in a backwards position to prevent soap or water entering their eye (this does not apply if you have been instructed not to wash your child’s hair for the time being).
- Allow your child to read, watch television and use the computer as normal.
- Give your child regular pain relief as advised on discharge.
- Telephone us if you have any concerns on 020 7566 2595 Monday-Friday, 7.30am to 6pm.
- In the case of an emergency outside of these days and times, please call our specialist A&E department on 020 7253 4335.

Don’t allow your child to:

- play any sport or swimming until advised by the doctor.
- play with sandpits or water.
- rub the eye that was operated on.

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<td>Paracetamol</td>
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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