



Paediatric information

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:

