

Patient Information Factsheet - About Your Eye Ointment

Department of Ophthalmology

The doctors and nurses will tell you about your eye medication including how often it needs to be used and for how long. You should tell the doctor about any other medicines you are taking.

A nurse within the ophthalmology department can show you how to put your eye ointment in safely.



Always put any prescribed drops in before you apply the ointment.

- Always wash your hands before and after you put your drops in. This is to help prevent infection.
- Sit or stand in front of a mirror. Remove the cap from the tube.
- Tilt your head back a little and pull the lower lid of your eye out to form a pocket.
- Hold the tube upside down near to your eye.
- Apply enough pressure to the tube to release a thin line of ointment along the inside of the lower eyelid. Try not to touch your eye as you do this.

- Close your eye for a moment or two, and then blink a few times to spread the ointment around the inside of your eye.
- Your vision may become a little blurred after you use an eye ointment. If you blink several times after you apply your eye ointment your vision should clear. Try not to rub your eyes.
- When you have finished, remember to replace the cap on the tube in order to prevent the ointment from becoming contaminated. Try not to touch the top of the tube.
- Replace lid immediately after use and store the ointment as instructed.

After using your eye ointment

- Your vision will be blurred for about 5-10 minutes after each time you use the ointment. **DO NOT** drive or operate machinery until you can see clearly again.

If you lose or run out of eye ointment before the end of treatment please get some more from your GP. Once opened, the eye ointment can be kept for four weeks and then must be thrown away.

Contact details:

The Lister Treatment Centre
Lister Hospital
Coreys Mill Lane
Stevenage
Hertfordshire SG1 4AB

Telephone: 01438 288122 - Select Menu Option 4

You can request this information in a different format or another language.

Date of publication: August 2014
Author: Treatment Centre
Reference Number: v3 (October 2017)
Review Date: October 2020
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