

Eye Drops, Eye Patch and Eye Shield

For day surgery patients who have had eye surgery at Toronto Western Hospital

Read this brochure to learn:

- How to put in your eye drops
- How to apply and change your eye patch and shield



How do I use eye drops?

Putting drops in your eye can be difficult at first. It gets easier with practice.

1. Wash your hands carefully with soap and water.
2. Sit or lie down with your head tilted back.
3. Pull your lower lid away from the eye to make a pocket for putting a drop in. You can do this in 2 ways:
 - a. pull your lower lid down with your index finger (Method 1)
 - b. pinch your lower lid and pull outward with your thumb and index finger (Method 2)



Method 1

Pulling the lower lid downward with your index finger



Method 2

Pinching the lid outward with your thumb and index finger

4. Try to let the medicine fall from the bottle into the pocket. Do not let the bottle touch your eye.
5. Close your eye gently and put your finger at the corner of your eye next to your nose. This stops the drops from draining into your eye duct.
6. Put the cap back on the bottle.
7. If you still need to put more drops in, wait 2 to 3 minutes before putting in the next set. Different eye drops do not need to be put in any special order. If you are using eye drops and ointment, use the eye drops first, then the ointment.
8. Gently wipe any tears or excess drops with a clean tissue.
9. Always follow the instructions on the prescription label.

Do not stop using your drops unless the surgeon or your eye doctor tells you to.

10. Use the medicine only in the eye it is prescribed for.
11. Your eye may become red or pink when you are using the drops. If your eyes or eyelids get redder, itchy or swollen after you start using the drops, tell your ophthalmologist.

Using an eye shield or eye patch

Your doctor might ask you to wear an eye shield and/or a patch. These instructions will help you put it on. Your doctor will tell you how long to use it for.

Always wash your hands with soap and running water before touching your eye.

Eye shield

An eye shield is usually used at night only. Have the following items ready in front of a mirror:

- Eye shield
- One piece of paper tape 6 to 8 inches long. You can buy paper tape from any pharmacy.



1. Place the eye shield over the eye with the curved side against your nose.
2. Put the shield in place with the tape across the top of the shield. The tape should go from the middle of your forehead to the middle of your ear.

Wash your eye shield and your glasses with soap and water regularly.

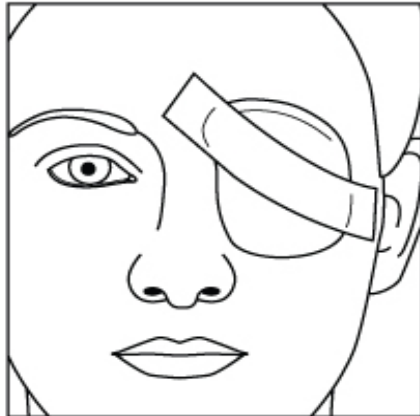
Eye patch

Only use an eye patch if your doctor asks you to.

Have the following items ready in front of a mirror:

- Eye patch
- Paper tape

1. Cut 3 pieces of tape 6 to 8 inches long
2. Close the eye you are going to cover
3. Place the patch over the closed eye
4. Secure the patch with 3 strips of tape. The tape should go from the middle of your forehead to the middle of your ear.
5. If your doctor tells you to, put an eye shield over the eye patch.



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