

## Eye Injury / Condition

### Minor Injuries Unit (MIU)

This patient information leaflet contains advice to help you to help yourself to reduce the discomfort associated with an eye condition or injury.

#### Principles of eye care:

- To relieve pain and discomfort
- To prevent infection
- To prevent any further injury to eye
- Early detection of disease

#### How to use your eye ointment:

1. Read the instructions on the label and treat only the eye stated.
2. Wash your hands thoroughly before and after use.
3. Lie down or sit with your head tilted backwards.
4. If there is any discharge or previous application of ointment clean the affected eye to prevent further damage or infection. Using a clean tissue, wipe along the lower lid from the nasal corner outwards.
5. Apply the ointment by pulling the bottom lid down and looking up. Gently squeeze the tube drawing a line along the inner edge of the lower lid from the nasal corner outwards.
6. Close the eye for five minutes and wipe any excess ointment away with a clean tissue.
7. Blink several times. You may find that your vision will be a little blurred for a few minutes.
8. Replace the cap on the tube and store in a cool place.
9. Do not drive or operate any machinery until you can see clearly again.
10. Apply ointment as instructed. It is an antibiotic medication and will help to soothe, heal and prevent your eye from becoming infected.
11. Discard any unused ointment after 5 days.
- 12. Important** - do not allow anyone else to use your ointment.
13. If both eyes are affected ensure you use a separate ointment for each eye and that they are labelled clearly **L** (left eye) and **R** (right eye).

#### How to use your eye drops:

1. Read the instructions on the label and treat only the eye stated.
2. Wash your hands thoroughly before and after use.
3. Lie down or sit with your head tilted backwards.
4. If there is any discharge, clean the affected eye to prevent further damage or infection. Using a clean tissue wipe along the lower lid from the nasal corner outwards.
5. Apply the eye drops by pulling the bottom lid down and looking up, inserting the drop to the centre of the lower eyelid.

6. Close the eye for approximately five minutes.
7. Blink several times. You may find that your vision will be a little blurred for a few minutes.
8. Replace the cap on the bottle and store in a cool place.
9. Do not drive or operate any machinery until you can see clearly again.
10. Apply drops as instructed. It is an antibiotic medication and will help soothe, heal and prevent your eye from becoming infected.
11. Discard any unused drops.
12. Important – do not allow anyone else to use your drops.
13. If both eyes are affected ensure you use a separate ointment for each eye and that they are labelled clearly L (left eye) and R (right eye).

## Pain or discomfort

If your eye injury / condition is causing you pain you should take regular painkillers such as paracetamol. If symptoms persist or appear worse, please return to the Minor Injuries Unit, attend your local Accident and Emergency department or contact your GP.

Should you have any further queries, please do not hesitate to contact us:

### **Minor Injuries Unit**

**Tel: 01342 414375**

Open daily 8am - 8pm

For further information on our services please access our website: [www.qvh.nhs.uk](http://www.qvh.nhs.uk)



If you'd like to find out how you can support QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)

Minor Injuries Unit  
Issue 5 - Ref no 0055  
Approved by the Patient Information Review Group  
Print March 2026 – Review March 2029