



Quality surgery in the community

HOW TO CONTACT US

- n2scontact@nhs.net (08:00-17:00 Mon-Fri)
- 01603 228686 option 5 (09:00-12:00 Mon-Fri)
- 07458 131339 (voicemail-only service for late notice cancellation and Covid-19 symptom reporting outside the above times – **other queries will NOT be actioned**)

HOW TO USE YOUR EYE DROPS FOR PATIENTS AND CARERS

Patient name:

Date of procedure:

Time of arrival:

These drops are used to dilate your pupil prior to surgery and will need to be instilled **1 hour** before you are due to arrive.

Please use these drops on _____ at _____ in your **RIGHT / LEFT** eye

Your eye will sting when the drops go in, which is an indication they have been instilled correctly. This will subside after a few minutes. There are many methods of administering eye drops, for those who have never used them before the wrist-knuckle method is recommended – please see below instructions and video.



Wrist-knuckle technique:

<https://tinyurl.com/moorfieldseyedrops> (Moorfields Eye Hospital video)

1. Check the expiry date on your eye drop bottle, and shake if required.
2. **Wash your hands** before opening the bottle.
3. Lie down or sit down and tilt your head back.
4. Make a fist with one hand and use your knuckles to pull your lower eyelid downwards. Place your other hand with the eye drop bottle onto your knuckles.
5. Look up and squeeze one drop into your lower eyelid, making sure the nozzle does not touch your eye, eyelashes or eyelid.
6. Close your eye and press gently on the inner corner of your eye for 30-60 seconds to ensure the drop is fully absorbed.

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