

unpleasant sensations, which can be eliminated with various techniques.

To instill eye medication, place the child supine or sitting with the head extended and ask the child to look up. Use one hand to pull the lower eyelid downward; the hand that holds the dropper rests on the head so that it may move synchronously with the child's head, thus reducing the possibility of trauma to a struggling child or dropping medication on the face (Fig. 20-18). When the lower eyelid is pulled down, a small conjunctival sac is formed; apply the solution or ointment to this area rather than directly on the eyeball. Another effective technique is to pull the lower eyelid down and out to form a cup effect, into which the medication is dropped. Gently close the eyelids to prevent expression of the medication. Wipe excess medication from the inner canthus outward to prevent contamination to the contralateral eye.

Nursing Tip

To reduce unpleasant sensations when administering medications:

- **Eye:** Apply finger pressure to the lacrimal punctum at the inner aspect of the eyelid for 1 minute to prevent drainage of medication to the nasopharynx and the unpleasant “tasting” of the drug.
- **Ear:** Allow medications stored in the refrigerator to warm to room temperature before instillation.
- **Nose:** Position the child with the head hyperextended to prevent strangling sensations caused by medication trickling into the throat rather than up into the nasal passages.