

INSTILLATION OF EYE DROPS

INDICATIONS

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- To aid examination e.g. dilating the pupil.
- To aid diagnosis e.g. staining the cornea.
- To treat eye conditions.

REQUIREMENT

- Prescribed eye drops
- Sterile or clean cotton/gauze swab.
- Receiver

PREPARATION

- Check expiry date
- Confirm name of patient, eye to be instilled against prescription.
- Do not contaminate eye drop by touching the dropper or cap

CONTI..,

- If eye dropper is sealed, puncture it by closing cap tightly.
- METHOD
- Position patient comfortably.
- Remove the cap
- Ask the patient to look up
- With index finger of one hand take a folded swab and gently pull down lower eyelid.

CONTI...

- With the other hand, pick up the bottle of eye drop, rest the side of the hand against the patients forehead above the affected eye
- The bottle should be held about 5cm above the eye and squeeze the bottle to allow a drop fall on the inside of central part of lower eyelid.
- Do not allow the bottle to touch the eyelashes, eyelids, eyeball of patient or your fingers to avoid contamination.
- Ask patient to gently close the eye for about 3-5 minutes

CONTI...

- Wipe away any fluid which emerges out of the eye when patient closes the eyelids.
- Replace the cap on the bottle and put back into box.
- Thank patient

APPLICATION OF EYE OINTMENT

- The procedure is similar to eye drop application.
- In this procedure, you direct the nozzle towards the inner canthus and squeeze tube slowly.
- Allow 1cm of ointment to fall on inner part of lower eyelid.
- Ask patient to close the eyelids but should be much longer as ointment is thick.
- Wipe away surplus ointment that emerge when patient closes the eye.
- Secure the nozzle with cap