

Instructions for Paediatrics Following Eye Surgery

You should immediately contact your child's doctor if:

- They experience severe pain
- Their vision deteriorates
- The redness of their eye increases
- They have discharge from the eye.

If you have any queries or concerns regarding any of the information provided below, please contact your surgeon's consulting rooms. Specifically, in relations to restrictions affecting activities of daily living (showering, washing hair) and strenuous physical activities (swimming, lifting heavy objects, rough play).

Medications

Collect your prescribed medications from the pharmacy after discharge. Follow the instructions given to you by your child's doctor.

If your child is to use drops four times daily: before breakfast, before lunch, before dinner and before bed.

After your child's surgery

- No strenuous activity or exercise until your child has seen their doctor
- Paracetamol (Panadol, Panamax or Dymadon), or medication prescribed by doctor, should be taken if your child has discomfort or pain in the eye.

Hints to help you and your child with their eye drops

Please wash your hands well with soap and water before instilling your child's eye drops or touching the eye. To instill the eye drops:

- Read the label to ensure you have the correct drop
- Ask your child to look up and using your finger, gently pull down the lower lid
- Gently squeeze the bottle and instill one drop or 2cm of ointment into the eye. Do not touch the eye with the bottle
- Gently wipe away any excess drops with a clean tissue and then discard tissue.

If your child is to use both ointments and drops, use the eye drops first, then the ointment. If your child has more than one drop due at the same time, wait 5 minutes before instilling the next drop. Recap the bottle and store in a cool dry place.