

Eye Medication

1. Wash your hands.
2. Clean child's eyes.
 - a. Put on gloves.
 - b. Use a different area of the washcloth for each eye. Gently wipe the eye from the nose side outward with the washcloth.
 - c. If the eye has crusted material around it, wet a washcloth with warm water and place this over the eye.
 - d. Wait about 1 minute.
 - e. Gently wipe the eye from the nose side outward with the washcloth.
 - f. Place it on the eye and wait again.
 - g. If you cannot remove the crusting rewet the washcloth. Then try to gently remove the crusted drainage. Continue until all of the crusting is removed.
 - h. If both eyes need cleaning, use separate cloths for each eye. Launder the cloths before using again.
 - i. Remove and discard gloves.
 - j. Wash hands.
3. Position the child.
 - a. Lay down child on his/her back on a flat surface.
 - b. If the child will not lie still place the child on her back, head between your legs, and arms under your legs.
 - c. If needed, gently cross your lower legs over the child's legs to keep him/her from moving.
 - d. Place a pillow under the child's shoulders or a rolled up towel under his neck so that his head is tilted back.
 - e. Ask the child to tilt his/her head back and up.



4. Apply eye ointment or eye drops.

<u>Eye Drops</u>	<u>Eye Ointment</u>
<ul style="list-style-type: none"> a. Bring refrigerated meds to room temperature. Rub the medicine bottle between the palms of your hands to warm the drops. b. Shake if label instructs you to do so. c. Tell the child to look up and to the other side. The eye drops should flow away from the child's nose. d. Place the wrist of the hand you will be using to give drops on the child's forehead. e. Bring the dropper close (within 1 inch) of the eye. f. Drop medicine in the lower eyelid away from the tear ducts, which are located in the lower inner corner of the eye. 	<ul style="list-style-type: none"> a. Tell the child to look up and to the other side. The eye ointment should flow away from the child's nose. b. Place the wrist of the hand you will be using to give ointment on the child's forehead. c. Pull down slightly and gently on the skin below the eye, just above the cheekbone. d. Bring the tube close (within 1 inch) of the eye. e. Apply a thin line of ointment along the lower eyelid. f. Rotate the tube when you reach the edge of the outer eye, this will help detach the ointment from the tube.



Dropper and hand position for administering eye drops.



Tube and hand position for administering eye ointment.

- 5. Ask the child to close or blink his/her eyes for a minute to allow the eye drops or ointment to be dispersed throughout the eye.
- 6. Wipe excess medication or tearing with a clean tissue.
- 7. Rinse the dropper with water OR wipe the tip of the ointment tube with a clean tissue.
- 8. Replace the dropper to the bottle OR the cap on the tube immediately after each use.
- 9. Wash hands and document medication administration.