

## 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.

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



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.