Eye Drops and Ointments

Eye drops and eye ointments are medicines used in the eyes. These medications treat infections and other eye problems. Your child’s doctor will tell you which medications(s) to use and how to use them.

How to Prepare to Give Eye Medicine:

1. Wash your hands well with soap and water for 15 seconds.
2. Explain to your child what you are going to do.
3. If your child’s eye(s) are crusty or dirty, wet a clean wash cloth or cotton ball with warm water and wipe your child’s eye(s) from the nose out. (Use a clean part of the wash cloth or a clean cotton ball for each eye.)
4. Read the label on the medicine bottle to check:
   - In which eye(s) to give
   - For eye drops – how many drops to give
5. Have your child lie on his back with his head tilted back.
6. Remove the medicine bottle or tube cap. Be sure not to touch the tip on anything.

How to Give Eye Drops:

1. Gently pull the lower lid of your child’s eye down.
2. Without the dropper touching the eye, squeeze the correct number of drops into the outer corner of the lower eyelid.
3. Have your child close his eye and blink.
4. Repeat for the other eye if directed.
5. Wash your hands again for 15 seconds.
6. If giving more than one type of eye drop, wait 5 minutes between drops. This keeps from washing out any medications.

How to Give Eye Ointments:

1. Gently pull the lower lid of your child’s eye down.
2. Squeeze a small strip of ointment inside the lower eyelid. Start at the side of the eye near the nose. Be sure not to touch the eye or eyelid with the tip of the tube.
3. Gently close your child’s eye and keep it closed for one (1) minute.
4. Repeat for other eye if directed.
5. Wash your hands again for 15 seconds.
Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- Your child’s eye problem is not better within two days or becomes worse.
- Your child has redness, swelling, or pain in his eye(s) or the area around it/them.

Remember:

- Do not use your child’s eye drops or ointments for any other person.
- Do not keep any opened eye medications for more than 30 days.