



Paediatric information

Your discharge information

Please use this leaflet with the main leaflet given to your parent/guardian.

We have included important information about telephone numbers, your eye drops and advice about caring for your eye/s at home. For most eye operations, you will need to take special care for two to four weeks so please make sure to follow the advice below.

How to clean a sticky eye:

If your eye or eyelid(s) have become sticky, use some cooled boiled water and tissues to gently clean the eye lid(s), going from the inner corner towards the outer corner of the eyelids. Be careful not to poke your eye when doing this.

Using your eye drops:

It is really important to use your drops properly at the right times. That means you need to keep still and let your parent/guardian get the drops in - or you might be able to put them in yourself. Your eye nurse can show you how to do this before you go home.

Taking	pain medicines:	

Taking showers and washing your hair:

Try to keep the water/soap/shampoo out of your eyes when showering or having a bath. Keep your eyes tightly closed or put a clean flannel over your closed eyes to protect them when washing your hair or face. You could get help to wash your hair in a backwards position to prevent soap or water entering your eye/s (please do not do this if you have been specifically told not to lie back).

Swimming:	
Do not swim for	
You can swim with goggles	
☐ You can swim	
Other	
Playing PE, doing sports, riding bikes & skateboards:	

Advice about travel & flying:

Ask your doctor before you go home if you have any questions about this.

Windy conditions and sand:

Be careful in windy conditions or with sand in case grit gets into your eye. If you do get grit in your eye, please tell an adult who will be able to help you.

Reading and using screens:

It's fine to use your eyes to see – so it is alright to read and watch television or use screens e.g. mobiles or computers.

Treating your eye gently:

Take care not to rub your eye or poke it with the tip of your drop bottle, tissues for cleaning or with anything else. Be careful when playing sport not to let balls, tennis rackets or other people poke you in the eye.

Who to contact if you are worried:

Your parent/guardian can contact your GP or call Moorfields Direct for advice (please see phone number opposite). If you are feeling generally unwell, they may take you to your local hospital to be seen.

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Moorfields Eye Hospital NHS Foundation Trust City Road, London EC1V 2PD Phone: 020 7253 3411

www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides
confidential advice and support to help
you with any concerns you may have
about the care we provide, guiding you
through the different services available
at Moorfields. The PALS team can also
advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

