

Patient information

# Instructions for cleaning your eyelids after surgery

After your eye surgery, you may need to clean your eye because the drops and healing process can cause a slight stickiness. You should clean your eyes before putting in your drops.

## How do I clean my eye?

1. Boil some water and allow it to cool.
2. Wash your hands.
3. Use a tissue or cotton bud dipped in the cool boiled water to wipe across the eye lashes from the inner corner to the outer corner. Be careful not to press onto the eye.
4. Repeat this using a clean tissue or cotton bud to remove any sticky deposits from your lids and lashes.
5. Dispose of the used tissues or cotton buds and wash your hands.

## When to seek advice

If your eye becomes very sticky and sore you might have an infection. If this happens, contact the Moorfields Direct telephone helpline for advice (see details opposite).

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Foundation Trust**  
City Road, London EC1V 2PD  
Phone: 020 7253 3411  
[www.moorfields.nhs.uk](http://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 or 020 7566 2325

Email: [moorfields.pals@nhs.net](mailto: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 contact details. For more information about your rights under the NHS constitution, please visit [www.nhs.uk/choiceinthenhs](http://www.nhs.uk/choiceinthenhs).

