



**ROYAL VICTORIA EYE AND EAR HOSPITAL**

**ADELAIDE ROAD,**

**DUBLIN 2**

***Patient Information***

**EYE PADDING  
AT HOME**

# INSTRUCTIONS

- If at all possible try to get a friend or relative to apply the pad for you.
- Ensure make up is removed and you are clean shaven.
- Have the necessary equipment at hand.
  1. Drops and/or ointment.
  2. Eye pads x 2.
  3. Tape
- Wash hands.
- Seated comfortably, instill drops and or ointment, by pulling down lower lid, looking upwards and instilling 1 to 2 drops or ointment inside lid.
- Avoid letting drop bottle touch your eye.
- Ensure that your eye is closed; you may find it easier to close both eyes while being padded.
- Place a pad folded in two onto the lids followed by the second pad applied flat over the eye.
- Secure in position by taping pad down.
- Remember to keep eye closed under pad at all times.
- Do not drive or operate machinery whilst the eye is padded —  
*Rest is recommended.*
- The eyepad can distort the way you see things; take extra care when using stairs and preparing or carrying hot drinks or foods.
- Remove pad as instructed by the doctor or nurse, which can be from 12 hours to 48 hours.
- Or you may be asked to keep pad in place until you are reviewed in the department.
- Remember not to drive if you are coming in for review.
- Any discomfort may be treated with your usual pain control remedy.
- **HELP LINE 01 6785500**