

## Eye Hygiene after Eye Surgery

### Instructions

**This is necessary to remove any bacteria, crusts or discharge from the lids after surgery to your eyes.**

Before carrying out the following steps, you should prepare sterile cotton swabs and sterile normal saline solution.

### Steps

- ① Check the expiry date on the sterile cotton swab pack and the normal saline ampoule.
- ② Wash your hands with soap and water and dry your hands thoroughly before and after cleaning your eyes.
- ③ Open the sterile cotton swab pack and the normal saline ampoule.
- ④ Pour the normal saline onto the cotton swab pack.
- ⑤ Squeeze the cotton swab pack to drain off excess saline.

#### ⑥ **Cleaning the Lower Eyelid**

To clean the lower lid, tilt your head backwards and gently pull your lower eyelid down towards your cheek using one or two fingers.

#### **Cleaning the Upper Eyelid**

To clean the upper lid, look down on the ground and gently lift your upper eyelid with one or two fingers towards the eyebrow.

- ⑦ Clean your eyelids starting from the inner aspect before progressing to the outer aspect.
- ⑧ The cotton swab should be passed along the lid margins only once in one smooth motion.
- ⑨ You may swab your eyelids as many times as necessary until they are clean.
- ⑩ Use each cotton swab only once.

### Note

You should clean your eyelids once every morning or as long as the eye presents discharge or crusts.

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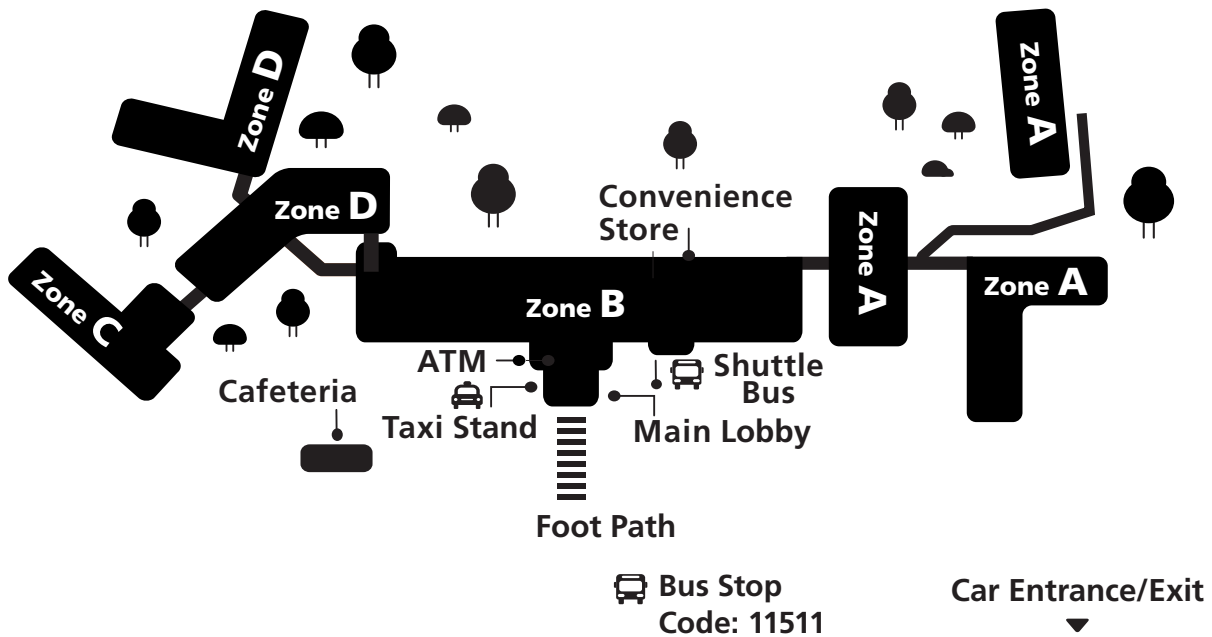
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