How to Administer Eye Ointments to Children

Try not to treat the administration as an ordeal. Stay calm and the child may also stay calm.

1. Wash hands before and after administering eye ointment. Conjunctivitis is the most common reason for eye medicines. It may be easily spread to the other eye and also other people.

2. Wrapping the child in a blanket may help to immobilize him/her.

3. Lay the child flat on his/her back and have him/her look at the ceiling.  

   or

   Sit the child in a chair looking up, with his/her head resting on the chair back.  

   or

   Cradle the child in your arms with his/her head held securely in the crook of your elbow.

The ointment tube tip must be kept clean. Avoid touching the tip of the tube against the eye, or anything else. Let the ointment drop into the eye.

4. Hold the tube between the thumb and forefinger of your hand.

5. Brace the palm of this hand against the child’s forehead or cheek, whichever is easier for you.

6. With the index finger of your other hand, pull the lower lid down to form a pocket.  

   or

   Pull the lower lid out with the thumb and forefinger to form a “V” pocket with the lid between them.
7. Squeeze the tube gently to produce a short strip of ointment.

8. Place the strip of ointment, about 1/4” long, into the pocket made by the lower lid.

9. Release the lower lid and have the child close his/her eyes while rolling the eyeball.

If necessary, wipe off excess ointment from eyelashes and eyelids with a tissue.

10. Replace the ointment cap and tighten.

The child’s eyesight may be cloudy or blurry after using the ointment. A bedtime dose is preferable if it is needed once a day.

The ointment may feel cool or uncomfortable at first. It will feel soothing after a short time.

**Keep the medicine out of the reach of children.**