

## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

### For the insertion of dilating eye drops at home



- Wash hands thoroughly with soap and water and dry with paper towel.
- If the child is old enough, explain what you are going to do.
- Lie your child on a flat surface such as a bed or a couch.
- Insert the anaesthetic drops first (Proxymethocaine)
- Wait 30-60 seconds
- Then insert the Cyclopentolate drops to both eyes
- Gently pull the lower lid towards the cheek and place the drop on the eye surface
- Repeat this process for both eyes
- Stay with the child until the drops have absorbed and they can see without blurring.
- Compliment the child and
- Wash hands and put drops away out of the reach of children.

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