



Northumbria Healthcare
NHS Foundation Trust

Eye Problems

Issued by the 24-hour walk-in services and minor injury units

This leaflet is to give you information about your eye problem.

Cause of eye problems

- Infection
- Something in your eye
- Scratch to your eye

Benefits

By following this advice your eye problem should gradually improve.

Risks and side effects

- Do not rub your eyes as this may spread any infection or cause more damage to your eye.
- Wash your hands regularly and especially when you have touched your eye.
- Take care when handling babies or children as any infection can spread quickly.
- Use your own face cloth or towel.
- Use the prescribed ointment as directed (look upwards, pull down your lower eye lid, squeeze the ointment along the eye without touching your eye with the applicator) - you should use a different tube for each eye if both are affected.
- Following application of ointment your vision may be blurred so you should not drive until the blurring subsides.

Alternatives or options of treatments

If there has been something in your eye the doctor/nurse will have removed it for you. You should use any prescribed medication that they give you.

You can also take painkillers if you are still experiencing pain. Paracetamol or Ibuprofen are suitable if you can take them. Ask advice from the pharmacist.

If your eye is not improving after 48 hours you need to go to the Eye Casualty at the Royal Victoria Hospital in Newcastle upon Tyne.

Opening hours are:

Monday to Friday 8:30am to 4:30pm

Saturday 9am to 11:30am

If your eye becomes worse and the Eye Casualty is closed then please return to the Emergency Care Centre.

Contact

Should you have any questions or queries please ring 0844 811 8111 and ask for one of the following:

A&E Reception, Wansbeck General Hospital
(Open from 8am to 10pm)

A&E Reception, North Tyneside General Hospital
(Open from 8am to Midnight)

A&E Reception, Hexham Children's Unit, Wansbeck
(Open from 8am to 10pm)

Alnwick Minor Injury Unit (Open 24hours)

Berwick Minor Injury Unit (Open 24 hours)

Blyth Minor Injury Unit (Open from 8am to 5pm, Monday to Friday)

You can call NHS 111 for urgent medical advice 24/7.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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