

## Irrigating an Eye

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity for the client
  
- The person sits upright
- Tilt the head slightly in the direction of the eye to be irrigated
- Ensure their clothing is protected so that it will not get wet
- Adopting UICPs, remove any dressings (see Changing a Dressing)
- Clean any discharge with a moist cotton ball, each ball used once and then disposed of into clinical waste
- With clean gloves, prepare the irrigation set
- Put the prescribed irrigation solution into the container
- The solution should be body temperature before putting it into the irrigation syringe, squeeze out any air before using the syringe
- With one hand, gently separate the bottom and top eyelids using your thumb and forefinger
- With your other hand, slowly, evenly and gently irrigate the eye with the solution from the syringe - be careful not to touch the eye with the syringe
- A bowl is necessary to catch the solution as it drains away
- Using cotton balls, dry around the eye and face
- If, at any time, the client is uncomfortable, stop before starting again

