Eye Taping (alternative method) Continued

Hints and Tips

Manual Blink

Finally join the two pieces of tape together by placing another piece of tape from the top lid to the bottom lid.

Look straight ahead

Look down, this will reduce the upper lid and brow.

Using the back of your fingers bring the upper lid down into its fully closed position.

This helps to spread tears over the surface of the eye and therefore helps to keep the eye moist.

General advice

Watch out for situations where you may blink less often e.g. reading, watching television and looking at a computer screen. Try to blink more often, take frequent rests, try using your manual blink.

Avoid places where there are fumes, smoke or dust, which can irritate your eyes

Protect your eyes from the wind by wearing wrap around spectacles/sunglasses

Cover and protect the eye when washing hair, or taking a shower

If you are sensitive to light wear sunglasses

Do not sit next to a fan

Avoid sitting next to an open car window

NB These are guidelines. You must adhere to the eye care procedure that has been recommended to you by your doctor. If you eye becomes sore or red you must seek medical advice

Eye Care

Why is this important?

Inability to blink, produce tears and close the eye means that the surface of the eye (the cornea) has very little protection.

It can become dry and easily damaged which can seriously affect your vision.

Sometimes sensation to the surface of the eye may be lost i.e. loss of ability to feel pain.

This means that without any sense of discomfort, dust or grit could enter the eye causing injury.

Is this serious?

Drying or damage to the eye will affect vision. The eye may become red, sore and sensitive to light.

An ulcer can form on the surface of the eye, which may cause permanent damage if not treated.

This is a serious condition and if not treated promptly will cause permanent scarring and loss of vision.

If any of these problems do occur you must seek urgent medical advice.

How can these problems be prevented?

It is very important to follow the eye care advice that you have been given.

This will probably include protective drops, ointment and taping the eye shut at night.

Occasionally minor surgery may be required.

The Face Place
Artificial Tears

Extra moisture for the eye will be required, both during the day and at nighttimes. You will have been prescribed what drops to use and how often they should be used.

**Technique for inserting drops into the eye**

- Tilte head back and look at ceiling
- Gently pull lower lid down until there is a small pocket
- Squeeze upturned bottle to release drop into your eye
- Do not allow the bottle or lid to touch your eye or any other surface

Taping the Eye Shut

If your eyelid does not close fully when asleep you may be advised that your eye should be taped shut at night. You will be shown how to do this. It is important that the first time you do it you are watched to see that it has been done correctly.

**Stages**

Cut a piece of tape slightly longer than the width of the eye.

If using night-time ointments/gels these should now be inserted into the eye.

- Look down and assist eye closure with the back of your finger
- Apply tape from inner corner to outer corner of the eye in a horizontal direction so that it extends beyond the width of the eyelid. Ensure that the eyelid is fully closed, the tape is on the upper lid and covers an area underneath the eye.

NB If not done correctly the eyelid can easily pop open exposing the to worse damage.

These are guidelines. You must adhere to the eye care procedure that has been recommended to you by your doctor. If you eye becomes sore or red you must seek medical advice.

Gels and Ointments

Gels and ointments are usually required. These are thicker than the artificial tears and therefore protect the eye for a longer period of time. Because they are thicker they make vision 'blurry', which is why they are usually used at bedtime.

**Technique for inserting ointment/gel**

- Tilte head back and look at ceiling
- Gently pull down lower lid until there is a small pocket
- Squeeze tube and apply a small amount of ointment as shown in the direction of the arrow
- Do not allow the tube to touch your eye or any other surface

Eye Taping (alternative method)

- Look ahead
- Look down and place a piece of tape horizontally across the upper eyelid from the nose to blend with the outer edge of the eyelid.
- This will help the eye- lid in an almost closed position.
- Apply another piece of tape from a point almost midway below the inner fold...
- ...and take it upwards obliquely in the direction of the outer edge of the eyelid.
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1. Cut a piece of tape slightly longer than the width of the eye.
2. If using night-time ointments/gels these should now be inserted into the eye.
3. Look down and assist eye closure with the back of your finger.
4. Apply tape from inner corner to outer corner of the eye in a horizontal direction so that it extends beyond the width of the eyelid. Ensure that the eyelid is fully closed. The tape is on the upper lid and covers an area underneath the eye.

NB If not done correctly the eyelid can easily pop open exposing the to worse damage.

These are guidelines. You must adhere to the eye care procedure that has been recommended to you by your doctor. If your eye becomes sore or red you must seek medical advice.

EYE TAPING (ALTERNATIVE METHOD)

1. Look ahead
2. Look down and place a piece of tape horizontally across the upper eyelid from the nose to blend with the outer edge of the eyelid.
3. This will hold the eye lid in an almost closed position.
4. Apply another short piece of tape from a point about midway below the lower lid...
5. …and take it upwards until it is in the direction of the outer edge of the eyelid.
Finally join the two pieces of tape together by placing another piece of tape from the top lid to the bottom lid.

Hints and Tips

Manual Blink

Look straight ahead

Look down, this will relax the upper lid and free it.

Using the back of your fingers bring the upper lid down into its fully closed position.

This helps to spread tears over the surface of the eye and therefore helps to keep the eye moist.

General advice

Watch out for situations where you may blink less often e.g. reading, watching television and looking at a computer screen. Try to blink more often, take frequent rests, try using your manual blink.

Avoid places where there are fumes, smoke or dust, which can irritate your eyes
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How can these problems be prevented?

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This will probably include protective drops, ointment and taping the eye shut at night.

Occasionally minor surgery may be required.