

Hyphaema

Hyphaema is bleeding in the front section of the eye. The blood is seen in the eyeball and causes temporary decreased vision. Hyphaema is usually caused by trauma to the eye.

Pain control

- Give paracetamol for pain if required - see manufacturer's instructions.
- Next dose can be given at _____
- **Aspirin** (e.g. Disprin®, Aspro®), **ibuprofen** (e.g. Nurofen®, Advil®), **naproxen** (e.g. Naprosyn®, Naprogesic®), **celecoxib** (e.g. Celebrex®) must **not** be given for two (2) weeks following the surgery.
- If you have any questions relating to medication please check with your pharmacist.

Directions

- Keep eye patch and/or shield in place as directed by your eye doctor.
- Keep your child's head elevated as much as possible when lying down.
- Give eye drops as per discharge instructions.
- Seek immediate advice from your eye doctor if your child has:
 - Worsening vision
 - Increasing pain
 - 'Flashes' (flashes of light)
 - 'Floaters' (objects blurring your child's vision).
- If the unaffected eye develops any of these symptoms seek medical advice as this may be an inflammatory reaction.

Daily activity

- Do not submerge your child's head during bath time for a week after surgery
- No excessive activity, including sports, for approximately two (2) weeks, unless advised otherwise by your treating doctor.
- No school for two (2) weeks, unless otherwise instructed by your treating doctor.

Review

Your child needs to attend the follow up appointments as complications like the loss of vision (eyesight) or further bleeding into the eye may occur without signs or symptoms being obviously present, or may occur without warning. This will be arranged prior to discharge.

Contact details

If you have any concerns after discharge please phone the hospital on 6456 2222 and ask to be transferred to Ward ____, or alternatively call your GP.



Correct instillation of eye drops

- Always wash hands before and after administration of eye drops.
- Use a clean tissue and cooled, boiled water to clean eyelid prior to giving the eye drops.
- Wipe the tissue from the inner to the outer aspect of the eye once only.
- Repeat with another clean tissue, if necessary, until the eyelid is clean.

- If your child is **able** to keep his/her eye open:
 - Tilt his or her head back and gently pull the lower lid down to form a pouch.
 - Hold the eye drop bottle directly above the eye and get your child to look up.
 - Instil a drop into his or her eye.
 - Get your child to blink a few times to spread the medication over the eyeball.

- If your child is **unable** to keep his or her eye open:
- Instill the eye drop in the inner aspect of the eye (corner of the eye nearest to the nose).
- **If more than one (1) eye drop is required, please wait two (2) to three (3) minutes before the next eye drop is given.**
- Do not let the tip of the bottle touch the eye or any other surface to avoid contamination.

This document can be made available in alternative formats on request for a person with a disability.

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009

Telephone: (08) 6456 2222

Produced by Ophthalmology

Ref: 748 © CAHS 2017 rev 2020



Government of **Western Australia**
Child and Adolescent Health Service

Disclaimer: This publication is for general education and information purposes.
Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service