

Looking after an artificial eye (children)

Ophthalmology Department

Information for Patients

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My special eye

Not everyone will have a special eye like you. They often will not be able to tell that you have a special eye. How great is that!

You can do all the things your friends do and have lots of fun.

Your special eye may look sticky at times. It may turn around the wrong way or fall out if you rub it a lot. Do not worry about this. You or a grown up can use all the things in your **eye kit** to help make everything good again and you can keep having a fun time! 

The eye kit will have all you need to look after your special eye:

- A sucker, to help you or a grown up to take out your eye. This is so it can be cleaned and shined.
- A mirror card to help you see what you are doing whilst cleaning your special eye.
- A little pot to keep your special eye safe if you need to.
- A leaflet to help you or a grown up remember how to care for your special eye.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

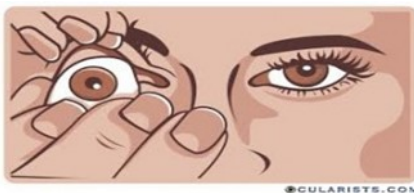
Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
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Sometimes when you are poorly with a cold or have lots of sneezing because of the weather, your special eye can get unhappy. This is ok. You or a grown up can use all the things in your eye kit to make sure it stays clean and comfortable. Sometimes you may need to see a doctor because the socket is sore. You will then be given some medicine to help make everything better.



How to put in your special eye

Wash and dry your hands well. Wash your special eye with a mild soap and running water. Rinse it well so all the soap is off.



Hold your special eye between the thumb and first finger of one hand or using the special eye sucker. Gently pull up the top eyelid and with the thumb of the other hand. Slide your special eye under your eyelid into the socket.

Pull the lower eyelid down with your thumb so that the lower edge of your special eye tucks behind the lower eyelid and release the eyelid. Your special eye should now be safe in your socket .

How to take out your special eye

Wash and dry your hands well. Place the sucker on the front of your special eye and gently push so it stays on.

Gently pull down your lower eyelid with your finger. With the other hand lift the sucker and eye up and over the bottom eyelid, like a horse jumping over a fence.



Information for grown ups

Caring for the eye: discharge

There will probably be evidence of discharge around and on the artificial eye.

The discharge can look jelly like and clear or like excess amount of sleep, creamy in appearance and colour. This is quite normal and should be gently wiped away using a damp tissue, cotton bud or swabs.



It is important to know that when the discharge is a green or yellow colour and the socket is red, this can mean an infection. You should make an appointment to see your GP.

Cleaning the eye

Wipe from the outside (ear) to inside (nose) and off in 1 movement. This will stop a rubbing motion that can cause the eye to fall out or twist around.

How often should I clean the artificial eye?

The more often the eye is taken out the greater the risk of making the eyelid muscles weaker and for there to be more discharge. You need to find the right balance to keep the eye, lids and socket clean.

With children, it is important to get them used to the removal process as soon as possible. Start with cleaning around the eye regularly with swabs or tissue and then overtime, building up to taking the eye out.

Children tend to produce more discharge as they are growing and their immune system is developing. This is normal and tends to settle down as they get older.

Does my child get a spare eye?

No, but as your child has other eyes made, you will keep the old eye and this will become your 'spare' eye.

When will my child get a moulded eye?

Your child will be made many eyes throughout their childhood years. It is important to make sure that the eye fits well. This is to encourage socket growth. The person who fits your eye (orbital prosthetist) will be checking this every time you come for an appointment.

At first, your child will be given hollow eyes that are cut and polished on a lathe. These will be regularly given out at growth intervals. Your child may have a moulded eye earlier than other children. This depends on the space, socket structure and the child being able to accept the treatment. There are no hard and fast rules to this. Your **orbital prosthetist** will talk about this at your appointments.

How long will the artificial eye last before being replaced?

There is no set answer to this question. How long an artificial eye lasts depends on

- how fast your child grows,
- changes in the colour of the eye and
- how well they look after it.

Your orbital prosthetist will check all these factors every time you go for an appointment.

Should my child wear eye protection?

Think about sports goggles and protective eyewear for playing sports.

Your child's remaining eye is precious. It would be a good idea to protect it especially during contact sports. Swimming goggles are helpful for your child if you are concerned about the artificial eye 'falling out'. Try to have large framed goggles or a divers mask that will not put pressure around the eye socket.



Microphthalmia or Anophthalmia

Microphthalmia means 'small eye' and is when the eye does not grow properly or has become smaller than a normal eye due to a trauma.

Anophthalmia means 'no eye' and is when the eye does not grow at all.

If your child has a perfectly healthy other eye, they will be able to see normally but will lack some 3D vision (depth perception).

If both of your child's eyes have microphthalmia, they may only be able to see bright lights and large shapes.

If your child's eyes are both anophthalmia, then they will not see anything at all.

Artificial eyes or shell (ocular prosthetics) can be fitted for your child. The eye specialists (ophthalmologist and orbital prosthetist) will talk to you about your case.

Contact details

If you have any further questions you can talk to your doctor or **oculoplastic specialist team** on 0116 204 7971. Mon to Fri 8.00am to 5.00pm.

For out of hours urgent queries please contact:

Eye Casualty Department at Leicester Royal Infirmary on 0116 258 6273

(Saturday, Sunday and Bank Holidays 8.30 to 12.30) or outside of these hours please go to the Emergency Department.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk