

TIPS FOR SELF-CARE OF EYES FOR PREVENTION OF DISABILITIES



The Leprosy Mission
Trust India

healing.inclusion.dignity

Introduction

Leprosy puts persons affected by the disease at a great risk of developing disabilities. Their eyes, hands and feet are vulnerable, as they can lose the sensation of pain in these parts of the body due to the disease, and this can lead to damage. Disability can bring them and their family members physical, social, mental and economic suffering. Disabilities can be prevented by practising simple self-care at home and in the community through simple measures.

This manual has been designed to help persons affected by leprosy take care of their eyes which have lost sensation and have weakness in closing the eye(s). Loss of sensation would mean there is no pain to warn you about injury to your eye. Weakness in closing eyes would mean less protection for the eye(s). As a result anything could fall in your eye(s) and cause injury. This can lead to neglect and cause further damage.

Please regularly follow all instructions given in this booklet. It will help you in preventing any further damage to your eyes. If you detect loss of sensation in any other part of your body or in case of any doubt, please consult your nearest doctor or health worker.

The Leprosy Mission Trust India

Examine your eyes

Set aside a definite time for this
Eye Care routine once or twice daily

1

Use a mirror and
INSPECT FOR
REDNESS in your eye



If there is any redness, see your doctor immediately

2

TEST YOUR OWN VISION look at any fixed object, from the same distance every day. Cover each eye one at a time with your palm and look at the same object (eg. a tree, a calendar on the wall etc) daily from the same fixed distance.



Note: Report any change in vision to your nearest Health Worker IMMEDIATELY



Care for your Eyes

1

If you cannot close your eyes fully, it is important to keep eyes moist and clean. To clean your eyes daily RINSE YOUR EYES gently with clean water using your cupped palms. DO NOT SPLASH WATER ON EYES.

Do not rub your eyes with any cloth/towel



2

If you have been prescribed eye drops, this is how you should use them.



Stand in front of mirror, pull your lower lid down and instill 1-2 drops into the lower lid.

Do not touch the bottle lip. After use, close the bottle cap well.

Throw out any eye drops older than 30 days.



3

NEVER RUB YOUR EYES.

If your eyes irritate, gently rinse with clean water and look in the mirror for any redness.



Protect your Eyes

When there is weakness in closing your eyes

1

KEEP DUST PARTICLES AND INSECTS AWAY FROM YOUR EYES by wearing glasses during the day. Fanning them off with the help of a hand fan or a piece of cloth.



2

At nights always **COVER YOUR EYES**, while sleeping. In case, you cannot cover your face fully, use a cloth to **COVER JUST YOUR EYES**.



3

Protect your eyes during day time by wearing A
PAIR OF GOGGLES / SPECTACLES and CAP



4

You may also use your turban to cover your eyes



5

Use a long cloth (*a saree, chunni or duppatta*) to COVER YOUR EYES DURING DAY TIME.



Exercise your Eyes

1

STRONG CLOSING OF EYES will give a good exercise to your eyes. Close your eyes slightly for one minute. Open and close again. Repeat 30 times. Do this three times a day. This will improve the strength of your eye lids.



2

Open Eyes



Close Eyes tightly



Open Eyes



Close eyes tightly



You can also have reconstructive surgery to protect your eyes

Thanks to the Reconstructive surgery...

**Now eyelid weakness and closer of eyes
can be brought back to normal**



Eye closure – Before Surgery



Eye Closer – After Surgery

Health worker's report

Date:	Next Visit:	Improvement Record:	Remark:

Local Address:



**The Leprosy Mission
Trust India**

healing.inclusion.dignity

Produced by:

The Leprosy Mission Trust India
CNI Bhavan
16, Pandit Pant Marg
New Delhi-110 001
Tel: +91-11-43533300

Email: info@leprosymission.in

Website: www.tlmindia.org