

A Guide for Patients and Families

How to use Eye Drops Properly



How to Put in Eye Drops



STEP 1:

Wash your hands before applying the eye drops.



STEP 2:

Read the instructions on the label.



STEP 3:

Gently shake the bottle before using the eye drop as instructed.



STEP 4:

Remove the seal.



STEP 5:

Sit with your head tilted backwards and look up.

With your finger, gently pull down the lower lid of the eye to form a pocket.



STEP 6:

Hold the bottle with the application tip as close to the eye as possible. Avoid touching the eye with the dropper.

Apply the eye drop into the eye as instructed.



STEP 7:

Close the eye (do not rub).

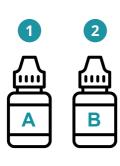
Wipe off any excess drops around the eye with the tissue.



STEP 8:

Place your finger against the inner corner of your eye for 1 minute.

This prevents medication from entering the tear duct.



STEP 9:

If you have to apply 2 different types of the eye drops at the same time, apply the second eye drop 5 minutes after applying the first.

This allows the 2 different eye drops to work better.

REMEMBER

- Store in a cool, dry place. Some eye drops need to be stored in the refrigerator. Check the label for the correct storage condition.
- Keep the eye drops out of reach of children.
- Discard expired eye drops that are no longer needed.



