How to Use Eye Drops

General Instructions

- Wash your hands before putting in your eye drops.
- Read the label on the bottle and make sure which eye the drops to be used.
- Be careful not to let the tip of the dropper touch any part of your eye.
- Make sure the dropper stays clean.
- Store eye drops and all medicines out of the reach of children.
- If you are putting in more than one type of eye drop, wait <u>10 minutes</u> before putting the next drop in. This will keep the first drop from being washed out by the second before it has had time to work.
- Apply only one drop (applying more than one drop of the same bottle will not increase the efficacy of the medicine).
- If you have difficulty, it may be better to ask someone to put the drops in for you.
- All eye drops should be thrown away 4 weeks after opening.
- Do not share eye drops or use old drops.

Steps for putting in eye drops







- **1-Tilt your head backward** while sitting, standing, or lying down. With your index finger placed just below the lower lid, gently pull down to form a pocket.
- 2- Look up and squeeze one drop into the pocket in your lower lid.
- 3- Close your eye. Keep closed for 2 minutes without blinking.
- **4- Wipe out any excess** around the skin of the eye with clean tissue without touching the eye.

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