

How to Use Eye Drops Properly

(Using a mirror or having someone else give you the eyedrops may make this procedure easier.)

1

Wash your hands thoroughly with soap and water.



2

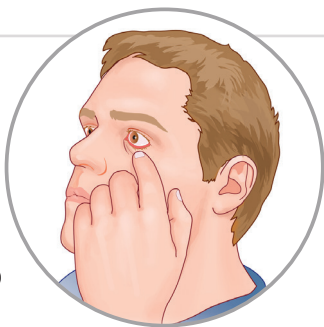
Check the dropper tip to make sure that it is not chipped or cracked.

3

Avoid touching the dropper tip against your eye or anything else — eyedrops and droppers must be kept clean.

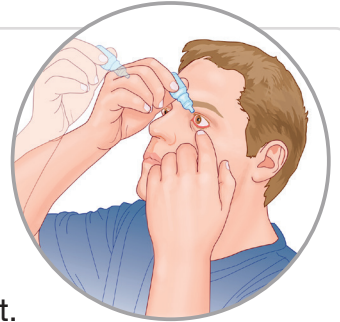
4

While tilting your head back, pull down the lower lid of your eye with your index finger to form a pocket.



5

Hold the dropper (tip down) with the other hand, as close to the eye as possible without touching it.

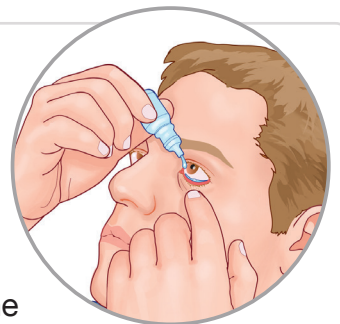


6

Brace the remaining fingers of that hand against your face.

7

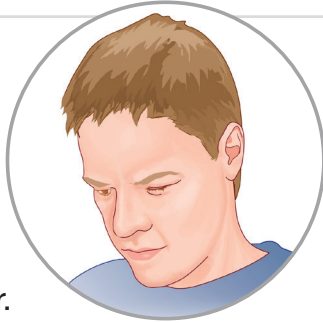
While looking up, gently squeeze the dropper so that a single drop falls into the pocket made by the lower eyelid. Remove your index finger from the lower eyelid.



How to Use Eye Drops Properly *(continued)*

8

Close your eye for 2 to 3 minutes and tip your head down as though looking at the floor. Try not to blink or squeeze your eyelids.



11

If you are to use more than one drop in the same eye, wait at least 5 minutes before instilling the next drop.

12

Replace and tighten the cap on the dropper bottle. Do not wipe or rinse the dropper tip.

9

Place a finger on the tear duct and apply gentle pressure.

13

Wash your hands to remove any medication.



10

Wipe any excess liquid from your face with a tissue.

Remember

- Follow directions carefully
- Do not miss doses
- Use the exact number of drops recommended
- Store medications out of reach of children