

How to Instil Eye Drops

Things you need to get started



- Cooled boiled water
- Tissues for cleaning the eye
- Eye drops /eye ointment

How to clean your eyes



If you find your eyes are sticky in the morning, clean the eye lids before putting in your eye drops.

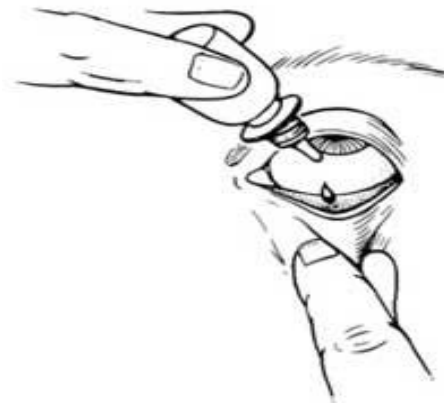
Always wash your hands before touching your eyes.

Wipe your eyelids with a clean folded tissue dipped in cooled boiled water. Clean from the nose towards the ear. If the eye is still sticky, clean again with a clean tissue.



How to instil eye drops

1. First, wash your hands with soap and water
2. Open the eye drop bottle and put the lid on a clean tissue.
3. Tilt your head back and pull down your bottom eyelid.
4. Gently squeeze the bottle of drops, and allow one drop to fall into the inner part of the bottom eyelid.



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5. Gently close your eyelids for one minute (do not squeeze the eye or blink) and gently press against the inner corner of your eye with your finger (over the tear duct) for 1 – 2 minutes. This helps stop side effects. Then use a clean tissue to wipe your eye.



6. Wash your hands after putting in the eye drops.

If you think the first drop missed the eye, put in another drop

Helpful Hints

Do not let the tip of the eye drop bottle or tube of ointment touch the eyelashes and eyelids.

If you are using more than one bottle of eye drops **wait 3 minutes** between each drop.

If you are using **eye drops and ointment**, use your drops first and the ointment last.

Throw drops and ointment away when the doctor tells you to stop using them or after the medication has been open for 28 days

Do not share eye drops with friends and family

Store eye drops out of direct sunlight.



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