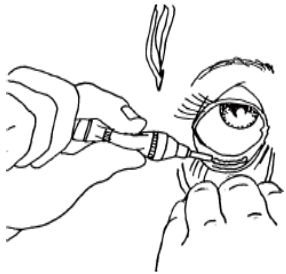




How to instil ointment

First **wash your hands** with soap and water.

1. Remove the lid of the ointment and place it on a clean tissue.
2. Tilt your head back and pull down your lower eyelid. Put in a small amount of ointment into the inner part of the bottom eyelid.



3. Gently close your eye for one minute (do not

4. **Wash your hands** after putting in the ointment

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.

Store eye drops out of direct sunlight.

Do not share eye drops with friends and family.

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



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*How To: Clean the eye
and put in eye drops
and ointment.*



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HOSPITAL



Health
South Eastern Sydney
Local Health District



Things you need to get started

- Cooled Boiled water
- Tissues for cleaning the eye
- Eye Drops

How to clean your eyes



Wash your hands

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.



Figure 1 - cleaning the eye

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.



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.



Figure 3 - stopping eye drops doing down nose

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

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

