

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.

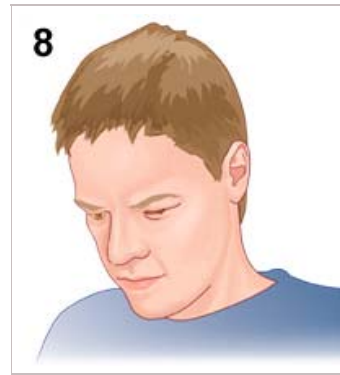


- 6** Brace the remaining fingers of that hand against your face.

- 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.



- 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.



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

- 10** Wipe any excess liquid from your face with a tissue.

- 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.

- 13** Wash your hands to remove any medication.



Remember

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

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