

## How to Use Eye Ointments and Gels 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 Avoid touching the tip of the tube against your eye or anything else - the medication and its container must be kept clean.

- 3 Holding the tube between your thumb and forefinger, place it as near to your eyelid as possible without touching it.

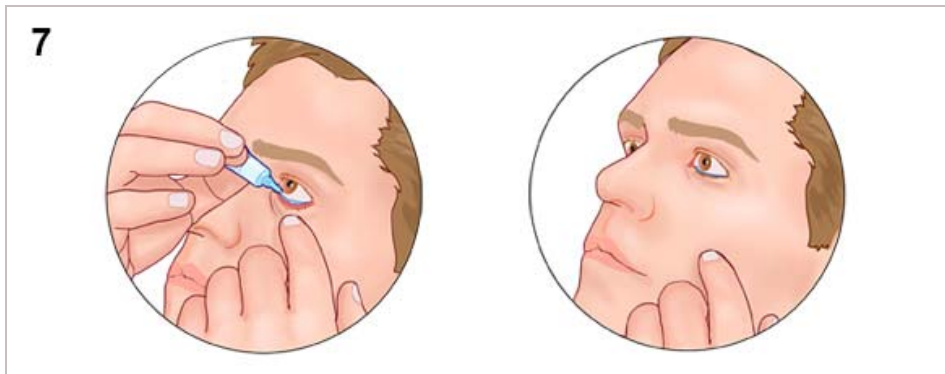
- 4 Brace the remaining fingers of that hand against your face.

- 5 Tilt your head forward slightly.

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



- 7 Squeeze ribbon of ointment or gel into the pocket made by the lower eyelid. Remove your index finger from the lower eyelid.



- 8 Blink your eye gently; then close your eye for 1 to 2 minutes.

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**9** With a tissue, wipe any excess ointment or gel from the eyelids and lashes. With another clean tissue, wipe the tip of the tube clean.

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**10** Replace and tighten the cap right away.

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**11** Wash your hands to remove any medication.



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#### Remember

- Follow directions carefully
- Do not miss doses
- Your eyesight may be cloudy after using the ointment or gel
- Store medications out of reach of children

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