

How to Use Eyedrops 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 (see figure).
- 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. Gently squeeze the dropper so that the correct number of drops falls into the pocket made by the lower eyelid.
- 8. Close your eye for 2 to 3 minutes. Wipe any excess liquid from your face with a tissue.
- 9. Replace and tighten the cap right away. Do not wipe or rinse the dropper tip.
- 10. 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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