

How to Instill Eye Drops

1. Wash your hands.
2. Tilt head back and look at the ceiling.
3. Gently pull the lower eyelid down until it forms a small pocket, or pouch.
4. Squeeze the bottom of the upturned dropper to release a single drop into the eye. (*be sure not to touch the eye, or eyelid with the tip of the bottle*)
5. Release the lower lid and close eyelid for 30 seconds. Dab excess with tissue.
6. Wash your hands.

Important Information:

1. In order to keep the eye drops clean:
 - do not allow the tip to touch the eye or anything else,
 - do not allow other people to use your eye drops,
 - replace the cap of the eye drops immediately after use.
2. If you are using more than one kind of eye drop in the same eye, wait five minutes between drops.
3. If you are using both drops and ointment in the same eye, always use the drops first and wait five minutes before applying the ointment.
4. If you wear contact lenses, you should use eye drops first, then wait 5 minutes before putting contact lenses in.