

PATIENT INFORMATION

How to Use Eye Drops



It's actually quite easy to use eye drops, but many people don't know how.

Just follow these basic steps:

- Tilt back your head, so the drops will stay in your eye.
- Gently tug or pull out the lower eyelid near your nose to form a well.
- Keep your eye open.
- Hold the bottle far enough away from your eye that it doesn't touch, and then squeeze.
- Shut your eye for a moment, then blink several times to distribute the eye drop.
- Follow these same steps for eye ointments, and don't let the tip of the tube touch any part of your eye.

If you are using a lubricating eye drop to relieve symptoms of eye infection, remember never to touch the end of the bottle to your eye. You could contaminate the bottle, which could spread infection.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.