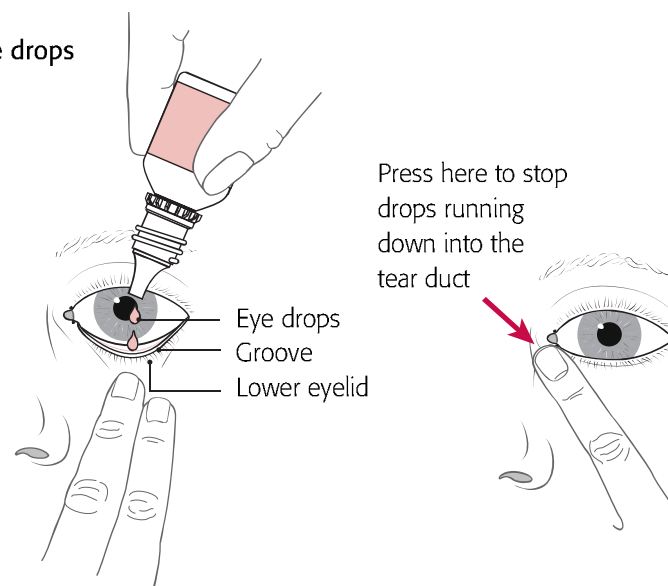


Using eye drops and ointment

- Always read the instructions carefully. Some eye drops should be kept in the fridge, and all drops should be used only for 4 weeks after opening. Always use eye drops as directed by your doctor.
- Before using eye drops, check that you have the correct medication. Wash and dry your hands. Sit in front of a mirror, hold the opened bottle between your thumb and fingers, and tilt your head back. Gently pull down your lower eyelid with your free hand and squeeze a drop into the groove between the inside of your lower eyelid and your eye. Take care not to touch your eye with the tip of the bottle.
- Close your eye and press your finger between the inner corner of your eye and your nose for 1 minute. This will stop the drop running down the tear duct into your nose. If you 'miss' the eye, squeeze another drop in.
- If you need more than one set of drops, wait a few minutes before starting the next ones.
- Eye ointment is used in the same way as eye drops. As above, gently pull down your lower eyelid with your free hand and squeeze a thin strand of ointment along the length of the iris (the coloured part of your eye). Ointment lasts longer than drops, but may cause some blurring because it leaves a smeary film on your eye. It is often best to use it before going to bed.

Using eye drops



Using eye ointment

