



EYE CARE

How to put in eyedrops



- Wash your hands with soap and water.
- Shake the eyedrop container gently. Make sure the prescription is for you. Check to see how many drops you are to put in and when.
- Remove the cap. Set it aside. Do not touch the dropper tip with your hand.
- Tilt your head back. With both eyes open, look at a point on the ceiling.
- Pull your lower lid down gently to form a pocket for the drop. Position the tip of the bottle less than an inch above your lower lid.
- Squeeze the bottle lightly to allow the drop to fall into the pocket.
- Close your eyes without squeezing them. Keep eyes closed and press your finger lightly on your tear duct for 60 seconds. Gently blot with a clean tissue.
- Replace the cap on the eyedrop bottle.
- Keep eyedrops out of sunlight.



Other tips:

- If you use lubricating eye drops more than three times a day, see an eye doctor for a complete eye exam to check for any underlying condition that is causing your eye symptoms.
- Some eye drops or ointments should not be used while wearing contact lenses. Before choosing an over-the-counter eye drop product if you wear contact lenses, ask your optometrist for advice.
- If you have eyedrops and eye ointment, put in the eyedrops before the ointment.
- You may find this easier to do in front of a mirror or lying flat on your back.
- Check the bottle's expiration date. Throw it away if outdated.