



APPLYING EYEDROPS

1. Wash your hands prior to using your eye medication.
2. Lie down or tilt your head back.
3. Look up and concentrate at a point above your head.
4. Pinch your lower lid with two fingers and gently pull away to form a pouch for the drop.
5. Place the specified number of drops into the eye. Do not touch the tip of the dropper to the eye.
6. Gently close your eyes for 2-3 minutes...avoid a squeeze blink as this may force much of the drop out of the eye.
7. While your eyes are closed gently apply pressure to the inner corners of the eye. This decreases drainage out of the eye.
8. If more than one type of drop is used, wait at least 5 minutes between drops.

APPLYING OINTMENT

1. Wash your hands prior to using your eye medication.
2. To minimize contamination discard the first 1/4 inch of ointment from the tip of the tube.
3. Look up and concentrate at a point above your head.
4. Pinch your lower lid with two fingers and gently pull away to form a pouch for the ointment.
5. Place a small amount of ointment (about 1/4 - 1/2 inch) in the pouch.
6. Gently close your eyes for 2-3 minutes...avoid a squeeze blink as this may force much of the ointment out of the eye.
7. After 2-3 minutes gently wipe away the excess.