

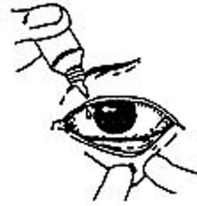
WASH HANDS WELL BEFORE USING EYE DROPS!!!

Placing eye drops in the eye can be difficult at first but becomes easier with practice. The easiest method is to tilt your head back and pull the lower eyelid away from the eye. This can be done by pulling down on the lower eyelid with one finger, or by pinching the lower lid and pulling it outward, away from the eye. In both cases, a small pocket will form and with the other hand, the eye drop can be inserted into this pocket. It is not necessary for the drop to fall directly on the eye. By keeping the eyedrop container slightly away from the eye and allowing the drop to fall into this pocket, the risk of bottle contamination is significantly reduced. *It is important not to place pressure on the lids if the eye has had recent surgery?*

How to Insert Eye Drops



Method I
Pulling lower lid
Downward with
index finger.



Method II
Pinching lid outward
with thumb and index
finger.

To increase the effect of the drop of medication and reduce absorption into the body, one should close the eyes for at least two minutes after placing a drop of medicine.

YOUR EYEDROP SCHEDULE:

Medication	Eye	Frequency