

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 for 30 seconds. Gently blot with a clean tissue.
- Replace the cap on the eyedrop bottle.
- Keep eyedrops out of sunlight.

Other tips:

- Do not wear contact lenses while using eyedrops or ointments.
- 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 Throw it away if outdated.

Source: National Institutes of Health

