



Fact-sheet - Using eye drops and ointment

Always read the instructions carefully. Some eye drops should be kept in the fridge, others are stored dry at room temperature and all drops should be used only for 4 weeks after opening, unless stated otherwise. Always use eye drops as directed.

Before using eye drops, check that you have the correct medication and that it has not expired.

1. Wash and dry your hands.
2. Sit in front of a mirror, hold the opened bottle between your thumb and fingers, and tilt your head back.
3. 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.
4. Take care not to touch your eye with the tip of the bottle.
5. Close your eye and press your finger between the inner corner of your eye and your nose for 30 seconds. This will stop the drop running down the tear duct into your nose. If you 'miss' the eye, squeeze another drop in.
6. If you need more than one set of drops, wait a about 5 minutes before starting the next ones.

Eye ointment is used in the same way as eye drops. Put a thin strand about half the length of the iris (the coloured part of your eye) into the groove you create in 3 above. 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.

If in doubt contact the practice.