## How to use Eye Drops?



+ Sit down and tilt your head back

+ Or lie down with your head flat & look straight up at the ceiling.



- + Make a pocket in the lower eye lid of one eye by pulling down gently with your index finger.
- + Or gently pull the lower eye lid out between your thumb and indexfinger.
- Look up.



+ Squeeze one drop into your lower eye lid.

+ Be careful not to touch the tip of the bottle to any part of your eye or face.

+ Gently close your eye. Don't blink or wipe the eye.

+ If you tend to close your eye before the drop gets in, try this: Close your eye and put one drop in the inside corner of the eye. Open your eye and let the let the drop run into your lower eye lid. Then close your eye again.



+ Keep your eye closed.

+ Press down with your index finger on the inside corner of your eye. Hold 3-5 minutes.

+ Wipe away any excess drops before opening your eye.

+ Repeat steps 1 through 4 for the other eye.

+ If you use more than one kind of eye drop in each eye, wait for at least 5 minutes between the medications.