

How to use eye drops

1

Use your eye drops exactly as directed¹

2

Do not put more drops in at a time than prescribed¹

3

Do not use the drops for longer than prescribed¹

7 Easy steps to use eye drops



1. Wash your hands with soap and warm water. Dry them with a clean towel.²



2. Remove the cap from the bottle. Do not touch the tip of the bottle.³



3. Tilt your head backward so that you are looking at the ceiling.^{2,3}



4. With your index finger placed on the soft spot just below the lower lid, gently pull down to form a pocket. Place one drop into the pocket in your lower lid. Don't blink, wipe your eye, or touch the tip of the bottle on your eye or face.^{2,3}

The bottle dispenser tip has been designed to deliver one drop at a time and you should either push at the bottom of the bottle (A), or gently squeeze the bottle's sides (B).⁴



5. Close your eye. Using your finger, apply pressure where the lids meet the nose with your eyes closed. Hold the pressure for 2 to 3 minutes.^{2,3}



6. Wash your hands to remove any of the eye drops which may be left on them.^{2,3}



7. If you are putting in more than one type of eye drop, wait five minutes before putting the next drop in.^{2,3}

8 Tips for after cataract surgery⁵



1. Don't drive on the first day.



2. Don't do any heavy lifting or strenuous activity for a few weeks.



3. Immediately after the procedure, avoid bending over, to prevent putting extra pressure on your eye.



4. If at all possible, don't sneeze or vomit right after surgery.



5. Be careful walking around after surgery, and don't bump into doors or other objects



6. To reduce risk of infection, avoid swimming or using a hot tub during the first week.



7. Don't expose your eye to irritants such as grime, dust and wind during the first few weeks after surgery.



8. Don't rub your eye, after surgery.

References: 1. University of Michigan Health. Eye Problems: Using Eye Drops and Eye Ointments. Available from <https://www.uofmhealth.org/health-library/za1098#za1099> [Accessed 5 August 2024]. 2. WebMD Editorial Contributors. How to Insert Eye Drops. Medically reviewed by Seltman W, OD. Available from <https://www.webmd.com/eye-health/how-insert-eye-drops>. [Accessed 5 August 2024]. 3. Gudgel DT. How to Put In Eye Drops. American Academy of Ophthalmology. 5 May 2023. Available from <https://www.aao.org/eye-health/treatments/how-to-put-in-eye-drops> [Accessed 5 August 2024]. 4. Cohen MR. Medication Errors. *Nursing* 2017;47(3):72. 5. All about vision. Cataract surgery recovery: 8 tips to minimize recovery time. Available at URL: <https://www.allaboutvision.com/conditions/cataract-surgery-recovery.htm> [Accessed 29 October 2024].