How to use eye drops

1 Use your eye drops exactly as directed [1]

2 Do not put more drops in at a time than prescribed [1]

3 Do not use the drops for longer than prescribed [1]

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]

   (A)
   (B)

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]