

## Instillation of Eye Drops and Eye Ointment

### Eye Drops

- Wash your hands thoroughly with soap and water before and after using eye medications.
- If you are right handed, use your right hand to hold the bottle and your left hand to gently pull down on your left lid until a “V” pocket is formed between your eye and your lower lid. If you are left handed, use your left hand to hold the bottle and your right hand to gently pull down on your left lid until a “V” pocket is formed between your eye and your lower lid.
- Using a mirror hold bottle 2 inches from your eye and align the tip of the bottle with the center of your pupil, the black part of your eye.
- Keeping your hands in a stable position, tilt your head back and look towards the ceiling. Gently squeeze the bottle to release 1 to 2 drops into your eye. Do not let the dropper tip touch your eye or eyelashes – this may contaminate the medication.
- Close your eyes very lightly and leave them closed for approximately one minute. Do not blink or squeeze your eyes tightly because this pushes the drop out of your eye and decreases the effectiveness of the treatment.
- It is normal for the drops to sting or burn. Your vision may also get distorted for a short time after the drops are placed in your eye.
- Another way of getting the drops into your eye is to tilt your head back or lie down, and, with your eyes closed, place 1 to 2 drops in the corner of your eye near your nose. Keeping your head tilted backward, open your eyes and look up at the ceiling. This will allow the medication to get into your eyes.

### Eye Ointments

- Wash your hands thoroughly with soap and water before and after using eye medications.
- If you are right handed, place a small amount of the ointment (about ¼ inch ribbon) on the tip of your pointer finger. Use your left hand to gently pull down on your lower eyelid until a “V” pocket is formed between your eyeball and your lower lid. Using a mirror, gently “scoop” the ointment from your finger into the pocket. (Use your left hand for the ointment if you are left handed and your right hand to pull down on your eyelid.)
- It is normal for some of the ointment to remain on your finger or get on the outside of your eyelids. It is also normal to experience blurred vision for several minutes after instillation of the ointment.