

## **EYE DROPS AND OINTMENT**

At times you may be prescribed eye drops or ointment for infection, inflammation or dry eye conditions.

Always

- Wash your hands before commencing
- Do not allow the dropper tip to contact the eye's surface or skin
- Close the container after use
- Complete the course of medication as prescribed
- Discard contents after opening as directed – usually 4-6 weeks for bottles.
- Wait at least 5 minutes between drops if you are prescribed more than one type of drop.
- Consult your eye professional if you experience any burning, stinging or inflammation side effects on instilling your drops.

### **INSERTING EYE DROPS**

- Tilt your head back and look upward, either while sitting or standing;
- Gently pull down your lower lid with your index finger. This creates a 'pocket' for the drop to fall into – similar to holding your two hands ready to catch a ball;
- While looking up - not directly at the bottle tip, but in its direction. Judge the position of the tip so it appears it may place the drop on your brow.. this is the position in fact most likely for it to drop onto your eye. If it lands on your cheek move your hand back, if it lands on your brow then your hand is too far back;
- If you tend to blink too much, an alternative method is to do the above but close your eye before squeezing the bottle and drop into the corner of your eye near your nose. Open your eye and let the drop run into your lower lid. This is not the best method so try to master the first option.
- To help keep the medication in your eye from escaping out of the tear duct, block the duct by gently pressing your finger on the inside corner of your closed eye for about 30secs.

### **INSERTING OINTMENTS**

- Squeeze out and discard about 5mm of ointment from the tube before each use.
- For inserting into the eye...Form a pocket for the ointment by pulling down your lower lid with your index finger. Then squeeze the prescribed amount of ointment into the pocket, twisting the container to break the strip of ointment from the tube.
- Then blink or close your eyes briefly so your body heat melts the ointment, allowing it to spread over the eye.
- If the ointment is for your outer lids... squeeze about 10mm of ointment onto your finger and glide it across the length of your closed lids near the base of your lashes.