

Using eye drops



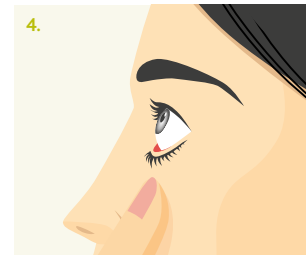
Check the drops are correct and they are in date. Check the instructions.



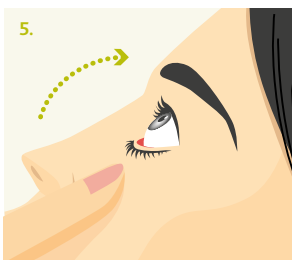
Find tissues and a mirror. Shake the bottle. Remove the lid and place it on a clean tissue.



Wash and dry hands with soap and water (if not available use hand sanitiser).



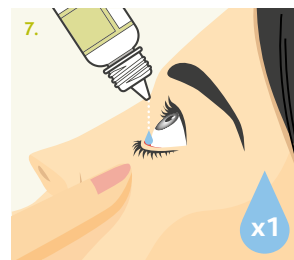
Looking in the mirror, pull down lower lid so you can see the inside of it.



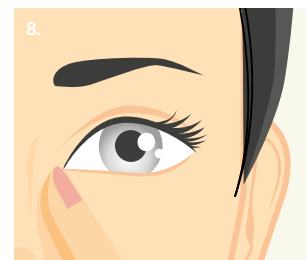
Tilt head back while still being able to see in the mirror.



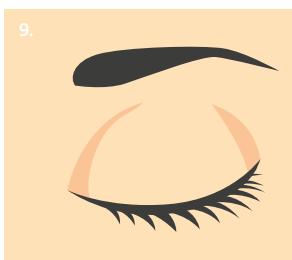
Hold the eye drops above your eye and softly squeeze the bottle so a small droplet forms from the nozzle.



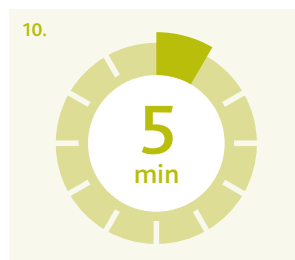
Drop a single drop into the pocket between the lower lid and your eye. Try to avoid the nozzle touching your eye or eyelashes.



Place one finger on the inner corner of your eye by your nose, for around 1 minute.



Gently blink to help the drops absorb. Wipe away any tears by dabbing with a clean tissue.



If you have additional drops to put in, wait 5 minutes before using them, to allow the first ones to fully absorb.



Once you have finished, wash your hands to remove any drops that may have spilt on them.

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All our fact sheets are thoroughly researched and based on the most up-to-date scientific evidence and are regularly reviewed and updated. This fact sheet contains general information. It is always best to raise any specific concerns you may have with your optometrist.

