

Your eye doctor may recommend that you use eyedrops or eye ointment to keep your eyes healthy. Follow the steps below to make sure you are using these eye medicines the correct way.

How to use eyedrops:

If you have trouble aiming, try out this method:

1. Lay down with your head resting flat.
2. To put eyedrops in your right eye, hold the bottle with your left hand. Stare straight up at the bottle tip. Hold your right eyelids open. Gently squeeze the bottle to let one drop into your eye.
3. To put eyedrops in your left eye, hold the bottle with your right hand. Stare straight up at the bottle tip. Hold your left eyelids open. Gently squeeze the bottle to let one drop into your eye.
4. Once the drops are in your eyes, close your eyes for at least 1 to 2 minutes. Avoid squinting or squeezing your eyelids.
5. After the drops are in your eye and your eyes are closed, use your thumb or index finger to hold down the corners of your eyes. Gently press each area toward your nose. Do this for at least 1 to 2 minutes. By doing this, it will help keep the drop on your eye.
6. If you are using more than one kind of eye drop, wait at least 5 minutes between putting new eyedrops in.



Try keeping the eyedrop bottle in the refrigerator. When the eyedrops are cold, it will help you know for sure if the eyedrop went in.



How to use eye ointment:

Before applying the ointment, wash your hands. Take off the cap from the ointment.

How to put ointment inside of your eyelid:

1. Put a small (pea-size) amount on your index fingertip.
2. Look up. Place ointment on the inside of your lower eyelid.
3. Close your eyes. Lightly massage your eyelids to help spread the ointment.
4. Do the other eye (as directed by your doctor).

Remember: Only apply ointment to the inside of your eyelid before you go to bed. Your eyesight will be very blurry after you put the ointment in.

How to put ointment around your eyelid:

1. Put a small (pea-size) amount on your index fingertip.
2. Look up. Spread the ointment evenly on the edge of your lower eyelid.
3. Close your eyes first before doing the upper eyelids. Spread the ointment on the upper eyelid edge.
4. Do this for one or both eyes (as directed by your doctor).

Talk with your CHN eye doctor if you have more questions about how to use eyedrops or eye ointments.