

## Instillation of Eye Drops / Application of Eye Ointment

### What Do I Need To Prepare For The Instillation Of Eye Drops / Ointment?

- Prescribed eye drops / ointment
- Tissue paper
- Contact lenses should be removed

### How Do I Instill The Eye Drops / Ointment?

#### Steps

- ① Eye drops should be instilled before applying eye ointment.
- ② Check the expiry date on the eye drops / ointment.
- ③ Wash your hands with soap and water, then dry your hands thoroughly before and after instilling the eye drops / eye ointment.
- ④ **How to instill the eye drops:**
  - a. Gently shake the eye drop bottle before use.
  - b. Tilt your head backwards slightly and gently pull the lower eyelid down with one or two fingers to expose the centre of eyelid.
  - c. Hold the bottle 2cm above the eye and allow the drops to fall into the lower fornix.
  - d. Do not touch the eyelids or surrounding areas with the dropper tip of the bottle.
- ⑤ **How to instill the eye ointment:**
  - a. Squeeze away some ointment before use.
  - b. Tilt your head backwards slightly and gently pull the lower eyelid down with one or two fingers to expose the centre of eyelid.
  - c. Hold the eye ointment in the other hand.
  - d. Apply ointment onto the inside of the lower eyelid beginning at the inner to outer eyelid.
  - e. Do not touch the eyelids or surrounding areas with the tip of the tube.
- ⑥ Gently close your eyes.
- ⑦ Remove excess drops / ointment with a tissue.
- ⑧ If more than one type of eye drop is required, wait for 5 minutes before instilling the next eye drop. Instil the eye ointment after all other eye drops have been instilled.
- ⑨ Store the eye drops and ointment as instructed.
- ⑩ Discard the eye drops and ointment one month from the date of opening or otherwise instructed.

### For how long do I have to instil the eye drops / ointment?

- Some courses of treatment may not require the entire bottle / tube to be completely consumed.
- Other courses of treatment may require continuing treatment till the next appointment. Please check with your doctor when in doubt.

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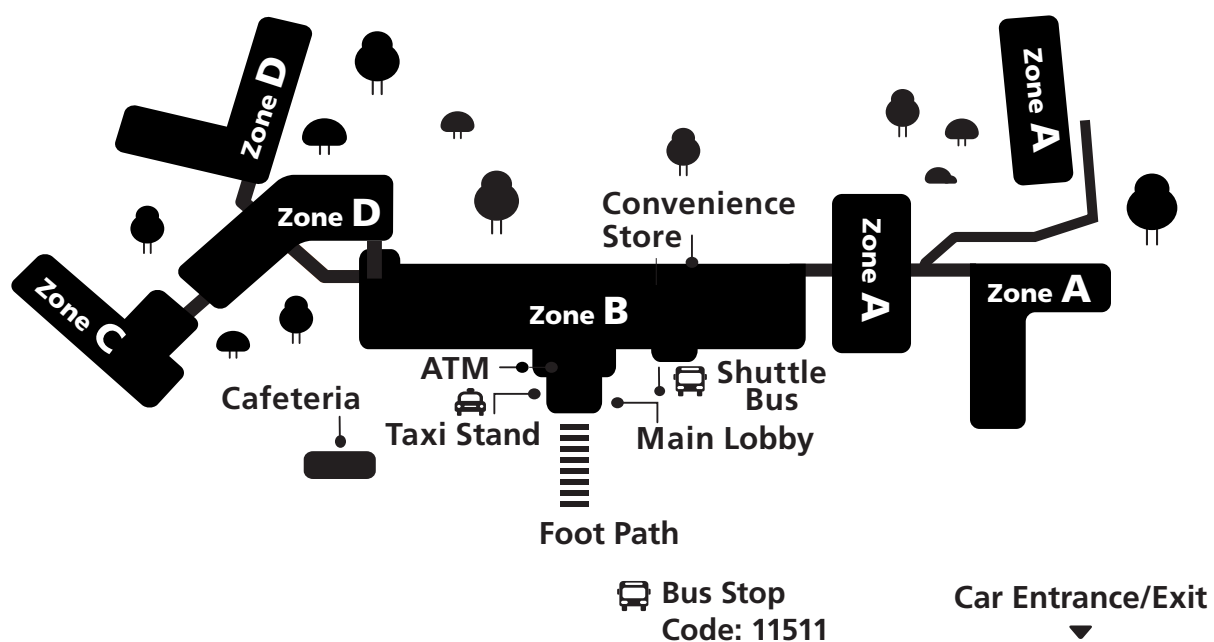
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