



OPHTHALMOLOGY

HOW TO PROPERLY APPLY EYE DROPS



Correct technique ensures the medicine works effectively.

Step-by-Step Method

- Wash your hands thoroughly
- Shake the bottle if instructed
- Tilt your head back or lie down
- Gently pull down your lower eyelid to form a pocket
- Hold the bottle above the eye (do not touch the eye)
- Instill one drop only
- Close your eye gently for 1–2 minutes
- Press lightly at the inner corner of the eye (near nose)
- Wipe excess liquid with clean tissue

Important Tips

- Wait 5–10 minutes between different eye drops
- Do not touch the dropper tip
- Do not share eye drops
- Use drops on schedule — don't skip doses

