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Instructions for Instilling Eye Drops

The proper way to use eye drops is:

1. Wash your hands.
2. Shake the container.
3. Tilt your head back and look up.
4. Gently pull your lower lid away from the eye, forming a pouch (see image A).
5. Into the pouch place one drop. *Do not touch the eye or eyelid with the dropper.*
6. For 2-3 minutes, with your eye closed or open, press your finger against the inner corner of your eyelid and the side of your nose (see image B). This prevents the medication from entering the tear duct and draining away insuring maximum absorption.
7. Repeat with the other eye if needed.
8. Replace the cap or dropper on the bottle; tighten.

It takes five minutes for most of an eye drop to be absorbed into the eye. *Wait at least five minutes before instilling a second drop or between applying other eye medications.*

Some people have difficulty knowing if they properly instilled eye drops. To help feel the drops as they contact the eye, try refrigerating them.

Remember: Keep all medications out of the reach of children. Many eye drops could cause severe side effects and possibly death if accidentally swallowed.

