

## **How to Use Eye Drops and Ointments**

Educational Department of Alavi Ophthalmology Center of Tabriz

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Before applying medicine please read the label to insure about the correct medicine, the time of use, and the eye in which the drop should be applied.

If more than one drop is needed to apply, at least some minutes time interval should be considered and if it is necessary to apply ointment along with the eye drop, it will be necessary to apply drop in the eye at first, to wait some minutes and then to apply the ointment. Re-cap of the drop or ointment.

Note:

Expired, color changed and sedimented drugs should be discarded.

### **How to use eye drop**

Always wash your hands first before administering eye drops.

- Gently clean the eyelids
- Tilt back the head
- Using the thumb and index finger, gently pinch and pull the lower eyelid downward to form a pocket. Place the eye drop or drops into the pouch formed in the lower lid

Note:

- Be careful that the dropper does not touch the eye.
- Release the lower lid after putting one drop and clean the extra medicine from the face using cotton.
- Ask the patient to close his/her eye gently for 3 to 5 minutes to allow the medication to be absorbed.

### **How to use eye ointment**

- Always wash your hands first before administering eye ointment.
- Gently clean the eyelids
- Tilt back the head
- Ask the patient to look upward
- Gently pinch and pull the lower eyelid downward
- Squeeze ointment into the pouch formed in the lower lid from internal corner to the external corner of eye and put ointment only on the middle of the lower lid.
- Blink a few times to spread the ointment around the eye
- Rinse your hand after the process.

Note: it isn't needed to use eye drop or ointment during night.

Address: Monajjem Blvd., Tabriz City.

Tel.: +98 41 32663933

Postal Code: 5146614599

<http://alavihospital.tbzmed.ac.ir>