

Eye Medicines: Eyedrops and Ointments

If you need to use eyedrops or ointments in your eyes, you will get the most benefit from your medicine if you use it properly.

Some general guidelines are:

- Always use the amount of medicine your health care provider has prescribed. Do not use it more often than prescribed.
- Do not use this medicine for other eye conditions unless your health care provider approves.
- Never share eye medicines with others.
- Before you start, wash your hands thoroughly.
- Read the label on the medicine to make sure you have the right one.
- If you develop any new redness or irritation while you are using your medicine, contact your health care provider.

How are eyedrops used?

1. Shake the bottle thoroughly.
2. Tilt your head back and pull your lower eyelid down to form a pouch.
3. Hold the bottle directly above your eye. Look up, and squeeze a drop of the medicine into the pouch. (Usually an extra drop is not harmful.) To avoid contaminating the medicine, do not let the tip of the bottle touch your eye or any other surface.
4. Close your eye for a minute or two, and with a fingertip press gently on the inside corner of your eye to keep the medicine from draining out. Do not rub your eye.
5. Put the cap on tightly, and store the medicine away from heat and bright light. Do not use eyedrops that are old or discolored.

If you have trouble using eyedrops, ask someone to help.

How are eye ointments used?

1. Hold the tube of ointment in your hand for a few moments. This will warm the medicine so it will flow easily from the tube. Do not use ointment that has dried out.
2. Tilt your head back, and pull your lower eyelid down to form a pouch.
3. Look up, and squeeze a 1/4-inch-long ribbon of ointment into the pouch. To avoid contaminating the medicine, do not let the tip of the tube touch your eye or any other surface.

4. Blink a few times to help spread the ointment over your eye. Do not rub your eye.
5. Put the cap on tightly, and store the medicine away from heat and bright light.

Your vision may be blurry for some time after using your ointment. Avoid driving and other activities that require good vision until you can see clearly.

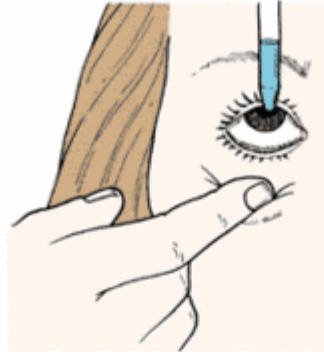
Can I wear contact lenses while I am using eye medicines?

Do not wear your contacts when you are putting eye medicines in your eyes. Sometimes you can put your contacts in about 10 minutes after you have used your medicine. However, some eye medicines will stain your contacts. Ask your health care provider about wearing contacts while you are using your eye medicine.

If you have any questions about using your eye medicines properly, ask your health care provider.

Kaiser Permanente

How to Put in Eyedrops



1. Tilt your head back, and gently pull your lower eyelid down to form a pouch. Hold the dropper directly above your eye, look up, and squeeze a drop of the medicine into the pouch. Do not let the tip of the dropper touch your eye or any other surface.



2. Close your eye for a minute or two and with a fingertip press gently on the inside corner of your eye to keep the medicine from draining out. Do not rub your eyes.