

Patient Information Factsheet - About Your Eye Drops

Department of Ophthalmology

The doctors and nurses will tell you about your eye medication including how often it needs to be used and for how long. You should tell the doctor about any other medicines you are taking.

A nurse within the ophthalmology department can show you how to put your eye drops in safely.



- Always wash your hands before and after you put your drops in. This is to help prevent infection.
- Avoid touching any part of your eye with the dropper to avoid contamination of the drops or injury to the eye. Make sure the dropper lid is placed on a clean surface.
- Tilt your head back a little and with the fingers of one hand, pull the lower lid of your eye out to form a small gap.
- Holding the dropper bottle in your other hand, squeeze the dropper so that one drop goes into the gap between the eyeball and lower eyelid. You may find that the **drops sting**, this is normal.

- Close your eye gently and keep them closed for a slow count of 60. This helps the drops to work.
- Wipe away any liquid that did not go into the eye with a clean tissue.
- If you are using more than one type of drop please leave **three minutes** between each drop.
- Replace bottle lid immediately after use and store the drops as instructed.
- If you lose or run out of drops before the end of treatment please get some more from your General Practitioner (GP). Once opened the drops can be kept for four weeks and then must be thrown away.

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