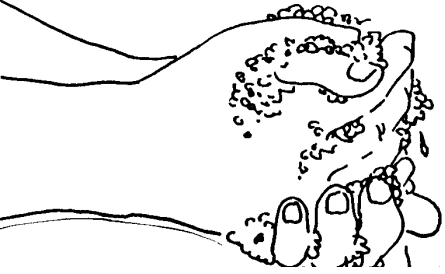
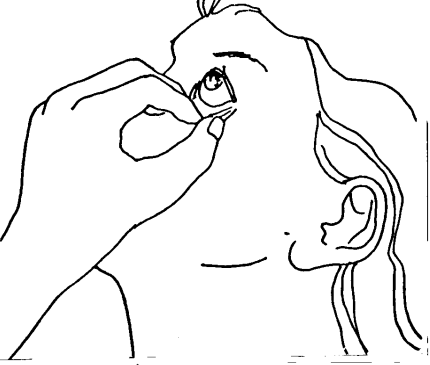
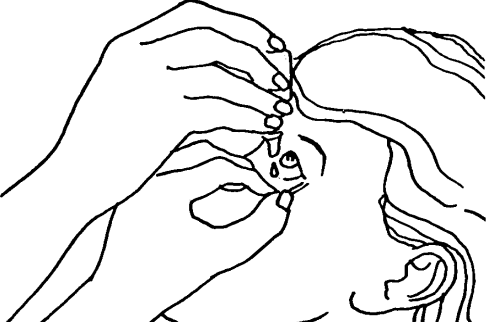
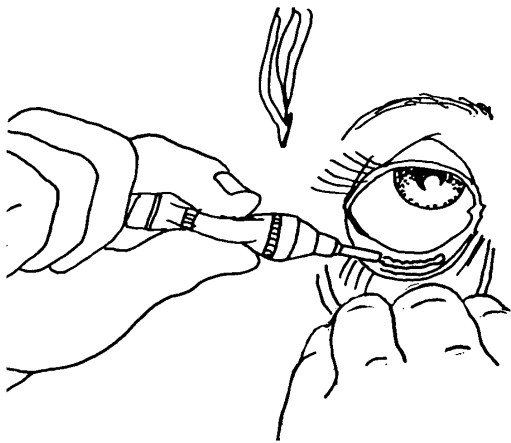


# HOW TO PUT IN YOUR EYE DROPS

Reference: Save Sight Institute, University of Sydney, GPO Box 4337 Sydney NSW 2001

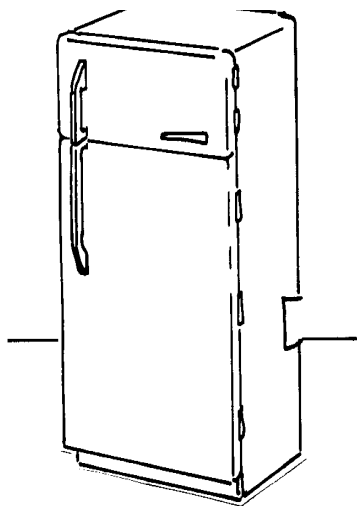
	<p>Make sure you have the correct eye drops/ointment.</p> <p>Wash your hands.</p>
	<p>Uncap the bottle/ tube.</p> <p>Do not allow the dropper tip to touch your eye, the cap or any other surface.</p> <p>Pull down your lower eyelid with your index finger to form a pocket.</p>
	<p>Tilt your head back and look up.</p> <p>Holding the bottle/tube between your thumb and index finger of the other hand, gently squeeze the bottle/tube, so that the drops/ointment falls into the pocket of the bottom lid.</p>
	<p>Shut your eye immediately after the drop/ointment is in the eye (for approx. 2 minutes).</p>



Place pressure on the inner corner of the eye during these 2 minutes to prevent the eye drops from entering the nose. This helps stop possible side-effects to the throat or mouth.



Wipe away the excess drops/ointment from your face and replace the cap carefully onto the bottle/tube. You need to obtain a new bottle of drops/ointment each month, even if it is not empty. This is to prevent infection.



Do not stop taking the drops. If the bottle is empty, get a new prescription from your eye doctor or local doctor.

You may need to keep the eye drops in the fridge. Please ask your pharmacist.