

# Your Guide to Inserting Eye Drops

It is very important to use your eye drops as recommended. Eye drops will help your eyes heal and keep them healthy.



**Step 1**  
Thoroughly wash your hands with soap and water. Dry your hands on a clean, lint-free towel.



**Step 5**  
Let the drop fall into the pocket. Do not allow the top of the bottle to touch your eye or lid.



**Step 2**  
Remove the cap of the eye drop bottle. Be careful not to touch the top of the bottle with your fingers or eye.



**Step 6**  
Close your eyes and squeeze the bridge of your nose with your thumb and forefinger. Hold for two to three minutes. This will help the medicine stay in your eye.



**Step 3**  
Tilt your head back and loop up.



**Step 7**  
If you have more than one drop, wait about one to two minutes before putting in the second eye drop.



**Step 4**  
While tilting your head back, gently pull your lower lid away from the eye with your index finger. Using your thumb and index finger, pinch the lid outward. This will create a pocket for you to place the drop.



**Step 8**  
Wash your hands after using the eye drops.