

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

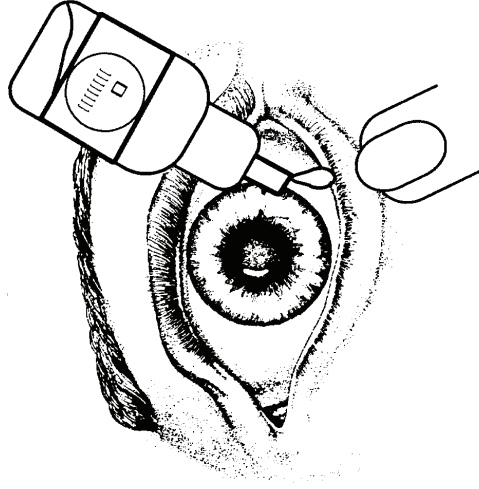
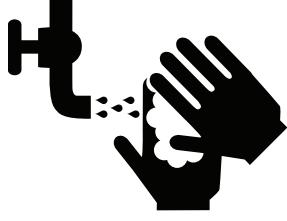
Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Eye Care Centre
Illustration by: Parlay International;
LifeART Health Care 1 and Super Anatomy 1 Images,
Copyright © 1994, TechPool Studios Corp. USA
Designed by: Nova Scotia Health Library Services

WW85-0137 © August 2022 Nova Scotia Health Authority
To be reviewed February 2027 or sooner, if needed.

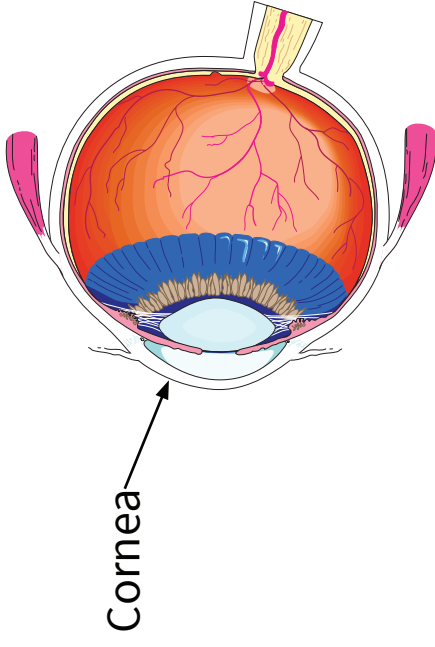
Using Eye Drops

- Wash your hands well with soap and water.
- Shake the eye drop bottle well.
- You may sit or lie down on your back. Tilt your head back.



- Open both eyes and look up. With one finger, gently pull your lower eyelid down.
- With the eye drop bottle in your other hand, hold it as close as possible to your eyelid without touching it. Place one drop in the pocket made when your lower eyelid is pulled down.

- **Do not** place drops on the sensitive cornea, as this will cause stinging.



- **Do not** touch your eyelid or eye with the tip of the bottle.
- Close your eye gently and keep it closed for one full minute. With a tissue, gently remove any extra drops from your cheek.
- Place only one drop at a time in your eye, as directed. If you need more than one drop, wait 5 minutes between drops.
- **Do not** stop using your drops unless you are told to do so by your eye doctor.
- Wash your hands well with soap and water after putting drops in your eyes.