How to instil eye drops and apply eye ointment – pictorial

**Things you need to get started**

- Cooled boiled water
- Tissues for cleaning the eye
- Eye drops /eye ointment

*Clean your eyelids if they look and feel sticky before putting in your drops or ointment.*

*How to clean your eyes*

Boil water and put it in container, allow to cool.

Wash hands

Dip tissue in cooled water and clean eyelids from nose towards the ear.

*How to put in your eye drops*

Wash your hands with soap and water.

Open the eye drop bottle and put the lid on a clean tissue.

Developed by Nurse Educator Ophthalmology, CNCs/CNE Ophthalmology and Pharmacy
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2. Tilt head back, put in one drop into the middle of the bottom eyelid.

3. Close your eyelids for 1 minute and press in corner of eye to stop medication going down your nose.

- The tip of the bottle must not touch the eye.
- If you use 2 eye drops wait 3 minutes between drops.

**How to apply eye ointment**

1. First **wash your hands** with soap and water.

2. Place lid on tissue.

3. Tilt your head back and pull down your lower eyelid. Put in a small amount of ointment into the inner part of the bottom eyelid.

Wash your hands
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4. Gently close your eye for one minute (do not squeeze the eye or blink).

5. Wash your hands after putting in the ointment.

- The tip of the tube must not touch the eye.

- If using drops and ointment, use the eye drops first.

- Store medication according to specific instructions given to you before you left the hospital.