

## How to apply eye ointment

### *Things you need to get started*



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

### *How to clean your eyes*

If you find your eyes are sticky in the morning, clean the eye lids before putting in your ointment.



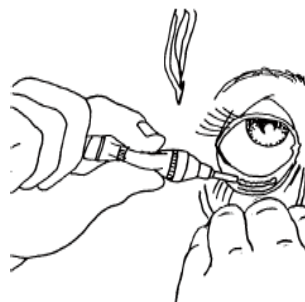
Always wash your hands before touching your eyes.

Wipe your eyelids with a clean folded tissue dipped in cooled boiled water. Clean from the nose towards the ear. If the eye is still sticky, clean again with a clean tissue.



### *How to apply eye ointment*

1. First **wash your hands** with soap and water.
2. Remove the lid of the ointment and place it on a clean 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.



Developed by Nurse Educator Ophthalmology, CNC's/CNE Ophthalmology & Pharmacy

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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.

### *Helpful hints*

**Do not** let the tip of the tube of ointment touch the eyelashes and eyelids.

If you are using **eye drops and ointment**, use your drops first and the ointment last.

Throw ointment away when the doctor tells you to stop using it, or after the medication has been open for 28 days.

**Do not** share eye ointment with friends and family.

Always store medication out of direct sunlight.

