

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

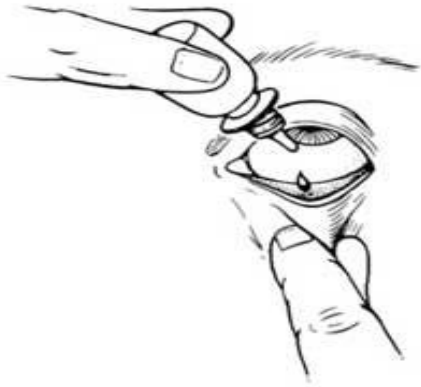


Wash your hands with soap and water.

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

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2. Tilt head back, put in one drop into the middle of the bottom eyelid.



- 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

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



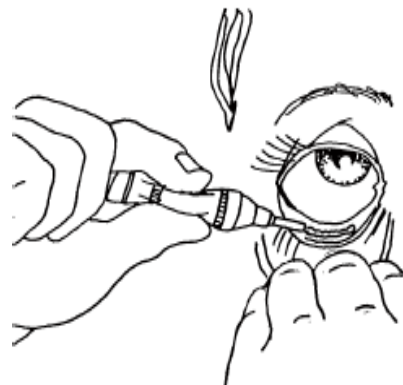
1. First **wash your hands** with soap and water.



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.

Developed by Nurse Educator Ophthalmology, CNCs/CNE Ophthalmology and Pharmacy