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How to Use Eye Drops

- Wash your hands and sit or lie down.
- Take off the top of the bottle.
- Bend your head backwards and gently pull your lower eyelid down.
- Hold the dropper above one eye. Squeeze one drop into the pocket formed by gently pulling down the lower eyelid. Try not to touch your eye, eyelashes, or anything else with the dropper tip.
- Let go of the eyelid and keep the eye closed for as long as possible after application of the eye drop.
- Wipe away any liquid that falls onto your cheek with a tissue.
- Repeat in the other eye if the drop is prescribed for both eyes.
- When two different eye drop preparations are used at the same time of day, wait for at least five minutes before putting the second drop into an eye. This allows the first drop to 'settle in' and not be washed out by a second drop if it is put in too quickly.
- Keep the bottle closed in a cool, dark place (unless otherwise advised).
- Do not let the dropper or dropper nozzle touch your eye, fingers, or any other surface. This is to keep it free from bacteria (germs).
- Do not let anyone else use your drops, and do not use anyone else's drops yourself.
- Throw out the bottle (and get a new one if required) after the recommended time.
- You may get a taste of eye drops in your mouth, or a feeling that the drops are running down your throat. This is normal as the tear duct which drains tears to your nose will also drain some of the eye drop. Squeezing the root of the nose for a minute will block this drainage.
- Do not wear contact lenses whilst using eye drops unless otherwise advised. (Some drugs and preservatives in eye drops can accumulate in soft contact lenses and may cause harm.)