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مستشفى زليخة
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How to Use Eyedrops Properly
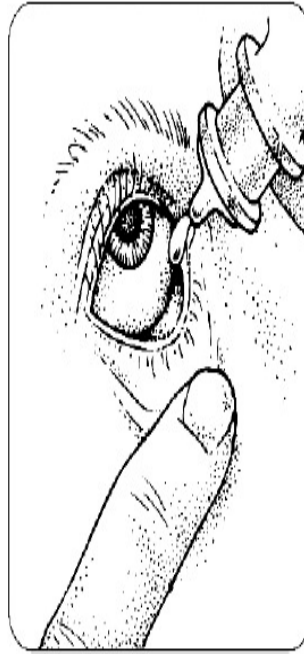
(Using a mirror or having someone else give you the eyedrops may make this procedure easier.)

1. Wash your hands thoroughly with soap and water.
2. Check the dropper tip to make sure that it is not chipped or cracked.
3. Avoid touching the dropper tip against your eye or anything else - eyedrops and droppers must be kept clean.
4. While tilting your head back, pull down the lower lid of your eye with your index finger to form a pocket (see figure).
5. Hold the dropper (tip down) with the other hand, as close to the eye as possible without touching it.
6. Brace the remaining fingers of that hand against your face.
7. Gently squeeze the dropper so that the correct number of drops falls into the pocket made by the lower eyelid.
8. Close your eye for 2 to 3 minutes. Wipe any excess liquid from your face with a tissue.
9. Replace and tighten the cap right away. Do not wipe or rinse the dropper tip.
10. Wash your hands to remove any medication.