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مستشفى زليخة

لأن صحتك غالية



Zulekha Hospital

Your Health Matters

# How to Use Eye Ointments and Gels Properly



(Using a mirror or having someone else apply the ointment or gel may make this procedure easier.)

1. Wash your hands thoroughly with soap and water.
2. Avoid touching the tip of the tube against your eye or anything else - the medication and its container must be kept clean.
3. Holding the tube between your thumb and forefinger, place it as near to your eyelid as possible without touching it.
4. Brace the remaining fingers of that hand against your face.
5. Tilt your head forward slightly.
6. With your index finger, pull the lower eyelid down to form a pocket.
7. Squeeze a ribbon of ointment or gel into the pocket made by the lower eyelid.
8. Blink your eye gently; then close your eye for 1 to 2 minutes.
9. With a tissue, wipe any excess ointment or gel from the eyelids and lashes. With another clean tissue, wipe the tip of the tube clean.
10. Replace and tighten the cap right away.
11. Wash your hands to remove any medication.