How to Apply Eye Drops



1. Wash your hands with soap and water.



2. Tilt your head back or lie on your back. Pull your lower eyelid down with your finger to form a pocket for the eye drop.



3. Put the dropper tip as close to your eye as possible without making contact.



4. Look up and squeeze the bottle so that a single drop falls into the pocket you made with your lower eyelid.



5. Close your eye and tilt your face toward the floor for 2 to 3 minutes. Avoid blinking, moving your eyeball, or squeezing your eyelids shut.



6. While your eye is closed, use one finger to apply gentle pressure to the inside corner of the eye. This stops the medication from draining into your nasal passages and entering your mouth or throat.