

How to Use Your Eye Drops Correctly

Getting the full benefit from every drop

Why technique matters

- Correct use makes sure the medicine reaches your eye and works properly, and protects the eye from infection.

Step by step

- Wash your hands.
- Gently shake the bottle if instructed, and check the medicine is not expired.
- Tilt your head back and pull the lower lid down to make a small pocket.
- Squeeze one drop into the pocket — do not touch the eye or lashes with the bottle tip.
- Close the eye gently for 1–2 minutes and press the inner corner (next to the nose) to stop the drop draining away.
- If you use more than one type of drop, wait at least 5 minutes between them.
- Replace the cap and store the bottle as directed.

Helpful tips

- One drop is enough — the eye cannot hold more.
- If you use a drop and an ointment, use the drop first and the ointment last.
- Never share eye drops; write the date you opened the bottle on the label.
- If you find it difficult, ask a family member to help or tell us — we can suggest aids.