

Step-by-Step: Using Eye Drops

Using Eye Drops. Wash your hands with soap and water for at least 20 seconds. If you are wearing contact lenses, remove them.

Shake the eye drop bottle several times. Remove the cap from the eye drop bottle.

Don't touch the tip of the eyedropper. It could pick up harmful bacteria. Tilt back your head. Pull down your lower eyelid to make a pocket.

Gently squeeze the bottle until the eye drop falls into the pocket. Close your eyelid for one minute.

Put your finger over the inside corner of your eyelid to help keep it closed. Put the cap back on the eye drop bottle.

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