

Here's Help: How to Give Yourself Eyedrops or Eye Ointment

Here's how to give yourself eyedrops or an eye ointment.

Let's start with eyedrops.

Make sure you have the correct eyedrops.

Before you begin...

Be sure to read, understand, and follow the directions.

Exactly.

And now, wash your hands.

And if you have disposable medical gloves... wear them.

Okay.

Check the eyedropper.

Is it clean?

If not, you can wipe it with a clean tissue.

Avoid touching the tip with your fingers or touching it on your skin.

Okay, this is going to be easier than you might think.

Tilt your head back and, with one or two fingers, pull the lower eyelid down to create a small pouch.

With your other hand, squeeze an eyedrop into the pouch.

Shut your eyes for 30 to 60 seconds to let the drop absorb.

That's all there is to it!

If your doctor told you to add more than one drop, wait about 5 minutes between drops.

When you're finished, wash your hands... even if you wore gloves.

Okay, so what if you have an ointment?

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It starts the same.

Make sure you have the correct ointment.

Read and follow the directions, exactly.

Wash your hands.

And if you have disposable medical gloves... wear them.

Gently pull your lower eyelid down to create a pouch.

Gently squeeze a thin line of ointment in the pouch.

Close your eye for 30 to 60 seconds to let the ointment absorb.

When you first open your eyes, your vision may be blurry.

But give it time.

It will clear up.

That's it.

You're done.

Wash your hands.

And yes, wash them even if you wore gloves.

So that's how it's done.

Quick as a wink.

Or a blink.

Now let the healing begin.