



How to use your eye drops or eye ointment

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To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

How to use your eye drops

1. First wash your hands.
2. Gently pull your lower lid downwards and direct your gaze upwards.
3. Place one drop inside the lower lid. Avoid touching the eye or lid with the tip of the bottle.
4. Close your eye slowly.

Remember

Complete the course of treatment as directed.

DO NOT share the eye drops with anyone else. Store the eye drops in a cool dark place with the lid on. Please note, some eye drops need to be kept in the fridge so please check with the doctor who prescribes them if this is applicable. When you have completed the course of treatment throw away the bottle. **DISCARD** after 28 days.

Keep all eye drops in a safe place out of children's reach.

How to use your eye ointment

1. First wash your hands.
2. Gently pull your lower lid downwards and direct your gaze upwards.
3. Carefully place a thin line of ointment along the inside of the lower lid. Avoid touching the eye lid with the tube nozzle.
4. Close your eye and move your eye from side to side. This will help to spread the ointment.

Remember

Complete the course of treatment as directed.

DO NOT share the eye ointment with anyone else.

Store the eye drops in a cool dark place with the lid on.

Keep all eye ointment in a safe place out of children's reach.

DISCARD after 28 days.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

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