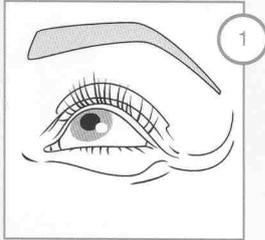
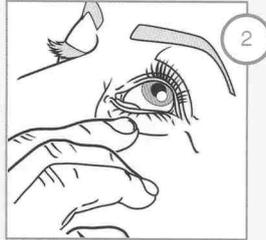


## How to apply your eye ointment

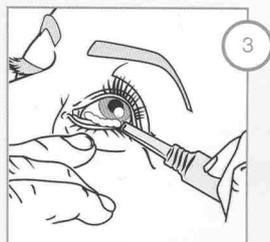
Always wash your hands before applying eye ointment, then follow these simple steps:



*Tilt your head back and look at the ceiling*



*Gently pull down the lower eyelid until there is a small pocket*



*Squeeze the tube and apply a small amount of ointment as required*

*Do not allow the tube to touch your eye or any other surface*

Medications can be very beneficial in treating a whole range of eye diseases but it is important that they are used correctly, so please take the time and trouble to follow the instructions carefully.

Read the label on the bottle/tube and follow the instructions as to which eye the medicines should be used and how often. It is also important to know the name of the drops that you are taking and always bring along your medications when you see the Doctor. Many medicines also contain an information leaflet for you, however, while all medicines have side effects please do not be alarmed by the list that the manufactures are required to mention.

Always complete the course, even if you feel the condition has improved.

If you miss a doses, do not try to "catch-up" by taking 2 or 3 missed doses at once, just continue taking them at the regular times and be more diligent in the future.

Never Share your medicines or use other peoples and if your medicines go out of date or its is more than 1 month since your opened them dispose of them.

Keep the drops in a cool place/fridge if possible, ointment is best not put in the fridge as it becomes very solid. Also remember to keep all medicines out of reach of children.

### Instillation of Eye Ointment

1. A small amount of ointment should be squeezed out and discarded each time to ensure sterility.
2. Wash your hands and check the nozzle is clean and not damaged.
3. Tilt your head back. Some people find it easier to lie down or use a mirror.
4. Pull your lower lid away from the eye to form a "pocket" by pulling the lower lid down with your index finger or pinching the lid outward with thumb and index finger.
5. Squeeze out gently less than half an inch of ointment into the sac formed.
6. Close the eye and very gently massage with a tissue the closed lids to spread the ointment around the eye.
7. Wipe any unabsorbed drops or tears from your lids/cheek with a tissue.
8. If you need to take more than one kind of eye medication at the same time, wait 5 minutes before using the second drop.
9. Replace the cap firmly and store them in a cool place.

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