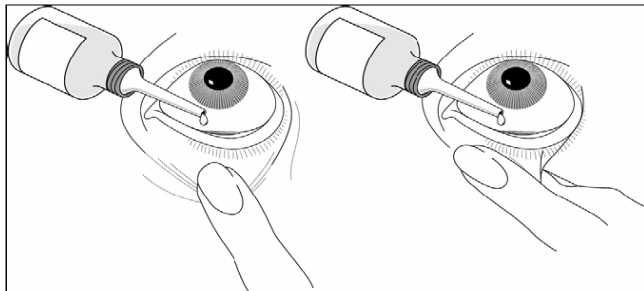# Health Facts for You

UWHealth

How to Use Eye Drops

1. Wash your hands with soap and water.

2. Note: If eye drops are in a cloudy liquid, rotate the bottle around gently for 10 to 20 seconds before you put in the drops.

3. Tilt your head back.

4. Pull the lower lid away from the eye. **Method I** (left image), pull the lid down with one finger. **Method II** (right image), pinch the lower lid and pull it out with two fingers. This forms a pocket between the eye and lower lid. The eye drops will go in this pocket.

5. Put in one drop at a time. Let the medicine fall from the dropper into the pocket. Do not touch the dropper to your eye or anything else.

6. If more than one type of drop has been ordered, wait 3 to 5 minutes before putting another drop into the same eye.

7. Put the cap back on right after use. This will keep the dropper clean.

8. After putting in the drops, lightly close your eyelids. Apply gentle pressure to the inside corner of your eye for one minute. This helps keep the drops from draining out the tear ducts.

9. Wipe away excess liquid with a tissue.

10. Do not rub the eyes.

11. Wash your hands with soap and water.

Who to Call
University Station Eye Clinic, 8 am to 4:30 pm, Monday through Friday
(608) 263-7171

When the clinic is closed, your call will be sent to the paging operator. Ask for the eye resident on call. Give your name and number with area code. The doctor will call you back.

The toll-free number is **1-800-323-8942.** Ask to be transferred to the above number.

Please call if you have any questions or concerns.