

How to Instill Eyedrops

- Have a tissue to blot away excess drops.
- Position yourself in a sitting position with head tilted back.
- Remove the cap from the bottle and hold dropper over the eye.
- Look up while gently pulling down on the lower eyelid.
- Squeeze the dropper to release one drop into the lower cul-de-sac.
- Release the eyelid and close the eye gently for 30 seconds. This allows even distribution of the eye drop and prevents rapid clearance of the medication caused by blinking.
- Placing more than one drop is a waste of solution.
- Avoid touching the bottle dropper tip to your eye, eyelid or lashes. If contact is made the bottle is considered contaminated.