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How to Use Eye Drops With a Patch/Shield
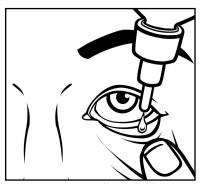
Before Putting in Eye Drops

Wash your hands well with soap and warm water. Dry your hands on a clean towel.

- Gather your supplies:
  — eye drops
  — eye pad or shield and tape
  — eye drop medicine, if needed
  — clean tissues.

How to Put in the Eye Drops

- Remove the pad or shield from your eye. Hold the pad or shield and start pulling the tape from near your eyebrow. Pull down toward your cheek. Remove both pieces of tape. Throw away the pad and tape.

- Follow the instructions on the eye drop bottle. Take off the cap and put it on a clean tissue.

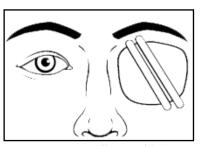- Keep the tip of the bottle from touching your eyelid, eye or any other surface.

- Use the hand that's not holding the bottle to gently pull your lower eyelid away from your eye. Put a finger on your upper cheek at the bottom on your lower eyelid. Gently pull down and look up. This will form a pouch into which you will put the eye drops.

- With your other hand, tip the bottle upside down and aim the drop at the pouch.

- Gently squeeze the bottle to release one drop into the pouch. Do not squeeze the drop right onto your eye.

- Take your finger off your cheek to release the pouch.

- Close your eye and keep it closed for 1 to 2 minutes.

- If you need to use more than one eye drop, wait 5 minutes before putting in the second drop.

- Wipe the bottle with a clean tissue. Close the cap tightly.

- Put on a clean eye pad or shield and tape it in place. Follow your doctor's instructions.

- Wash your hands.

Make a pouch under your eyelid.

Put the drops into the pouch, not directly on your eye.

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Put on a clean eye pad or shield. Secure it with two pieces of tape, as shown.
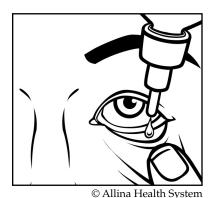
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How to Use Eye Drops Without a Patch/Shield

Before Putting in Eye Drops

- Wash your hands well with soap and warm water. Dry your hands on a clean towel.

- Gather your supplies:
  - eye drops
  - eye drop medicine, if needed
  - mirror, if needed
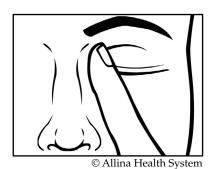 - clean tissues.

How to Put in the Eye Drops

- Follow the instructions on the eye drop bottle. Take off the cap and put it on a clean tissue.

- Keep the tip of the bottle from touching your eyelid, eye or any other surface.

- You can use a mirror to help guide you, if needed.

- Use the hand that's not holding the bottle to gently pull your lower eyelid away from your eye. Put a finger on your upper cheek at the bottom on your lower eyelid. Gently pull down and look up. This will form a pouch into which you will put the eye drops.

- With your other hand, tip the bottle upside down and aim the drop at the pouch.

- Gently squeeze the bottle to release one drop into the pouch.

- Take your finger off your cheek to release the pouch.

- While keeping your eye closed for 1 to 2 minutes, use your index finger to apply gentle pressure to the corner of your eye.

- If you need to use more than one eye drop, wait 5 minutes before putting in the second drop.

- Wipe the bottle with a clean tissue. Close the cap tightly.

- Wash your hands.

Make a pouch under your eyelid.

Put the drops into the pouch, not directly on your eye.

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Put a clean finger in the corner of your eye and apply gentle pressure.

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