

Advice for the correct use of eye drops or ointment

- **Always wash your hands immediately before putting drops or ointment in your eye.**
- Always use a different bottle or tube for each eye if you have to treat both eyes.
- Do not share drops or ointment with anyone else. Do not use medication prescribed for someone else – it may not be suitable for you.
- When the course is complete, throw the bottle or tube away safely.
- Your vision will be blurred for a short while after putting in eye ointment. Do not drive or operate machinery until your vision is clear again.
- Do not rub your eye after putting drops or ointment in.

Application of eye ointment

1. Gently pull down the lower eyelid and squeeze about 1cm (half an inch) of ointment along the inside of the lower lid, starting from the corner of the eye nearest the nose.
2. Try to avoid touching the eye with the tube.
3. Close your eye but do not squeeze the lids. This will allow the ointment to spread over the eye.

Application of eye drops

1. Tilt your head back and gently pull the lower lid down.
2. Tip the bottle, allowing a drop to fall into the inside of the lower lid. This may sting for a few seconds – this is normal and will pass.
3. Try to avoid touching the eye with the bottle.
4. Close your eye but do not squeeze the lids. This will allow the drop to be absorbed by the eye.

If your vision gets worse, or for further advice, please contact:

- Emergency Department on 01535 294481
- NHS 111 on 111
- Your GP
- Your optician

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

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| Bradford | 0808 2800 999 | https://www.stayingput.uk.net/contact |
| North Yorkshire | 03000 110 110 | https://www.idas.org.uk/ |
| Lancashire | 0300 323 0085 | https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/ |

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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