

How to put in Eye Drops - Patient information

Although millions of people put in drops every day, doing it easily and accurately is very difficult. Especially if you have poor vision from one eye - e.g. following eye surgery. Many people will have a spouse to help and I will show you two methods one for self-administration and the other for giving someone else eye drops.

Taking Eye Drops yourself

Hand hygiene is vital in taking drops: You must be sure to wash them thoroughly, ideally with an antibacterial hand wash, clean them for around 2 minutes at least.



Find a comfortable chair, which can give your head some support. Open the bottle turn it upside down and shake it gently to get a drop to the mouth of the bottle.

Tip your head up and look at the ceiling. Rest one hand on your lower face and gently pull down on the lower lid. With the other squeeze the drop on to the lower lid. With practice you will get only one drop in the eye. If more go in don't worry, as they will soon be washed out.



After taking the drop, press on the lower eyelid below the nose, to reduce tear flow to the nose. Replace the top and if necessary place the bottle in the fridge.

Giving Eye Drops

For many having eye drops given is very useful. To give eye drops first wash your hands as above. Then take the bottle, remove the top and shake vertically to get the drop to the mouth of the bottle.

With one hand hold down the lower lid of the eye, taking care not to touch the eye with the bottle gently drop the treatment onto the lower lid. Be careful not to touch the cornea or clear part of the eye as it is sensitive.



Aids for drops

Many people find taking drops difficult. For some drops aids are available, such as Xalease, find these useful. Do ask your pharmacist about them.



Xalease

Another produce is called Opticare, click the image for more information.



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