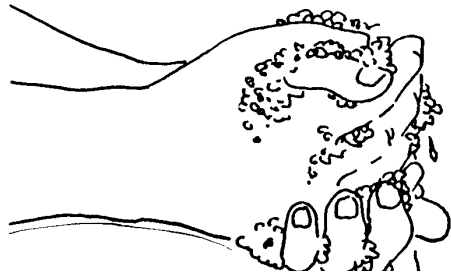
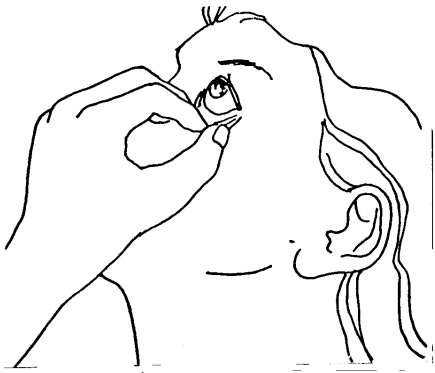
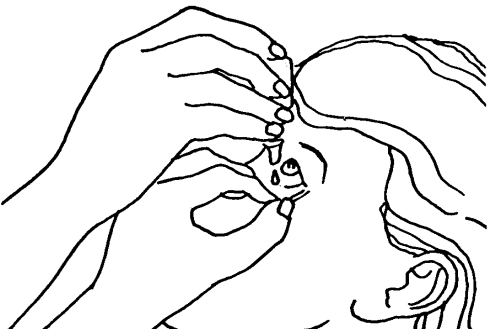




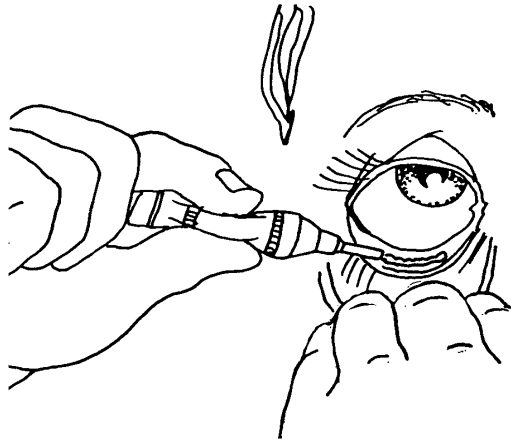
Revised: April 2008

HOW TO USE EYE DROPS/OINTMENT

	<p>Make sure you have the correct eye drops/ointment.</p> <p>Wash your hands.</p>
	<p>Uncap the bottle/ tube.</p> <p>Do not allow the dropper tip to touch your eye or any other surface.</p> <p>Pull down your lower eyelid with your index finger to form a pocket.</p>
	<p>Tilt your head back and look up.</p> <p>Holding the bottle/tube between your thumb and index finger of the other hand, gently squeeze the bottle/tube, so that the drops/ointment falls into the pocket of the bottom lid.</p>



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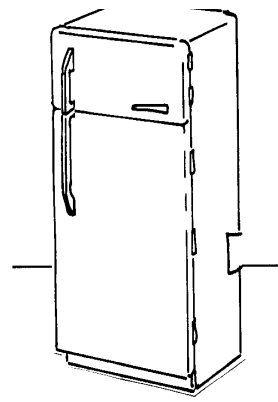


Shut your eye immediately after the drop/ointment is in the eye (for approx. 1 minute).

Leave five minutes between drops for maximum effect. Gently wipe your eyelids with a clean tissue dipped in cooled boiled water or saline solution, from the inner to the outer side of the eye (ie from the part of the eye near the nose, to the part of the eye near the cheek bone). Repeat with a clean tissue if required



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 	<p>You need to obtain a new bottle of drops/ointment each month, even if it is not empty. This is to prevent infection.</p> <p>Do not stop taking the drops. If the bottle is empty, get a new prescription from your eye doctor or local doctor.</p> <p>You may need to keep the eye drops in the fridge. Please ask your pharmacist.</p>
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Adapted from Save Sight Institute 1996 Eye Care for You