

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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How to Properly Instill Eye Drops – A Patient's Guide

Step-by-Step Instructions

- 1. Wash Your Hands** – Use soap and water to wash your hands thoroughly. Dry with a clean towel or tissue.
- 2. Check the Medication** – Read the label carefully, verify the expiration date, and shake the bottle if required.
- 3. Prepare for Administration** – Sit comfortably or use a mirror for better visibility. Tilt your head back and look up.
- 4. Pull Down the Lower Eyelid** – Use your non-dominant hand to create a small pocket in the lower eyelid.
- 5. Hold the Bottle Properly** – Keep the dropper 1–2 inches above the eye, avoiding contact with any surface.
- 6. Instill the Drop** – Squeeze one drop into the eyelid pocket. Wait **5 minutes** between multiple drops.
- 7. Close Your Eye Gently** – Press the inner corner for **1 minute** to prevent drainage.
- 8. Wipe Off Excess & Wash Hands Again** – Dab excess with tissue; wash hands to remove residue.
- 9. Wait Before Using Another Eye Medication** – Allow **5–10 minutes** between different eye drops.

Special Considerations

Contact Lenses: Remove before application; wait **15 minutes** before reinserting.

Eye Ointments: Apply **after** drops, waiting **5–10 minutes**. Best used before bedtime.

Storage & Precautions: Follow storage instructions, avoid sharing, and discard expired drops. Seek medical attention for irritation, redness, or vision changes.



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