

- With one hand, gently pull down the lower eyelid to form a pouch.
- Hold the eye drop container with the other hand near the eyelid. Do not let the tip of the bottle touch the eye, skin or lashes.
- Squeeze one drop into the eyelid pouch.
- Close the eye gently, and do not blink, rub or squeeze the eyelid.
- Apply gentle pressure with a finger against the inner corner of the eye (over the tear duct) for a few minutes. This increases the medicine efficacy by reducing the amount drained from the eye.
- Blot any excess solution around the eye with a tissue.
- Wait for 5 minutes before administering another er drop into that eye (of the same or different preparations). This will prevent drops being washed out of the eye and might increase the amount of active ingredient that is absorbed.

The medicines contained in some eye drops (e.g. beta-blockers) may be systemically absorbed and can cause adverse effects. The amount of systemic absorption can be reduced by up to two-thirds by correct instillation of eye drops. The 'double **DOT**' (Don't Open eyes Technique and Digital Occlusion of the Tear duct) instructions can be used to reduce systemic absorption of eye drops.<sup>23-25</sup>

# Eye ointments or gels

#### Figure A3. Administering eye ointment or gels

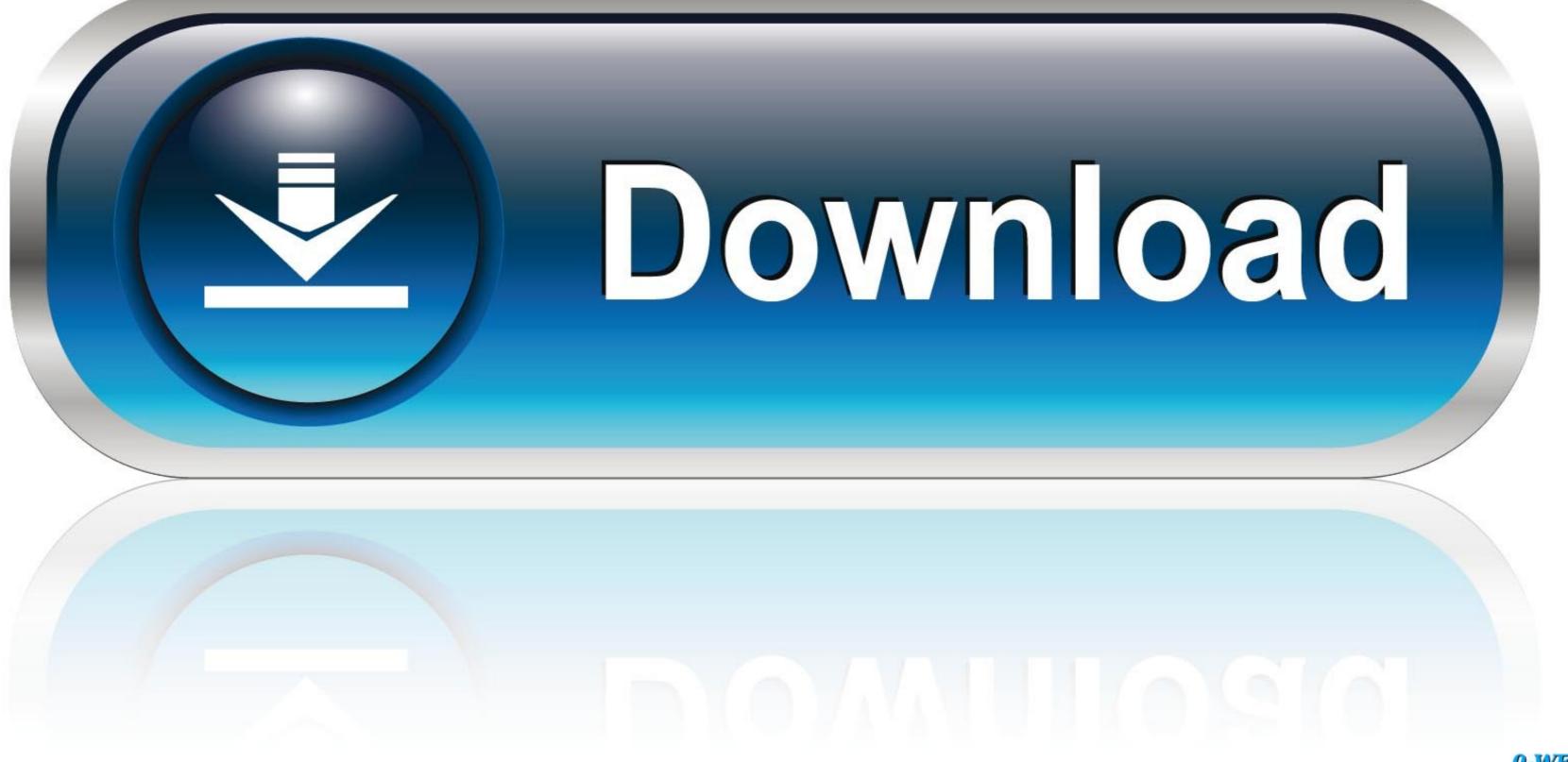


When using an eye ointment or gel for the first time, write the date the tube is opened on the tube as a reminder to discard the contents after 28 days (or according to the manufacturer's specifications).

It may be easier to administer eye ointments or gels in front of a mirror, or by asking someone to assist.

If eye drops are being used at the same time of day as eye ointments or gels, the eye ointment should be used last. Eye ointments may blur vision and are generally used at night.

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