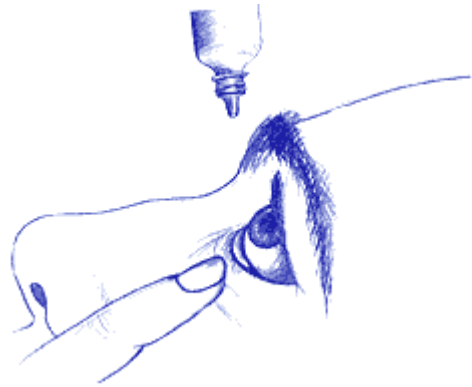


A Guide to Placing Eyedrops in Your Eye

Eye medicines can drain through tiny openings (puncta) in the eyelid into the nasal cavity. Blinking will drain the medicine away from the eyeball's surface. Therefore, for best results, make sure the medication stays on your eye by following these instructions.

1. Slightly tilt your head back.

2. Gently pull your lower lid down and away from eye to form a cup.



3. Lightly squeeze the bottle in order to release one drop.

4. **Never** allow the tip of your eyedropper to touch your eye.

5. Place your index finger beneath your lower eyelid, next to your nose.



6. Gently push the lower lid upward to meet the upper eyelid.



7. When the eyelids are closed together, press lightly. Hold for one minute.

Medication Spacing

You may need to take more than one eyedrop medication at a time. The medications are most effective when spaced at least 10 minutes apart.

Refrigeration

While it is not necessary to refrigerate most eye drop medications, it may be helpful to store your eye drop medications in the refrigerator; the coldness of the drop will tell you when the medicine makes contact with your eye.

Journal

Maintaining a journal with your medication schedule and lists of treatments and doctors will help you discuss your treatment with your doctor.

Support

Community support groups can play an important role in helping you understand glaucoma and how best to live with the disease.