Eye Drop Instructions

1. Wash your hands with soap and water.

2. Place your pointer finger on the soft area just below your lower lid and gently pull down, creating a pocket.

3. Tilt your head backwards (you can be sitting, standing or laying down).

4. Hold the bottle close to your eye, but not touching it. Squeeze a drop into the pocket.

5. Slowly remove your finger and GENTLY close your eyes. **DO NOT squint or close tightly**, as this may force the drops out of your eye. Place your pointer finger on the inside corner of your closed eye. Softly press, while counting to 100. This will help keep the drops in your eye.

6. Blot your eye with a tissue to remove any extra liquid.

7. Special instructions:

---

DUKEEYE.ORG