

Using Eye Medications

Eye Drops

1. Wash your hands
2. Shake the bottle of drops to mix medication.
3. Tilt your head back and look upward. IF you have difficulty accurately getting the drop in your eye you can use the bridge of your nose as a resting point for the bottle. This will allow you to efficiently target the corner of your eye without waste.
4. Use care to make sure that you DO NOT touch the tip of the bottle to your eye, lashes, and lids.
5. After placing the drop in your eye, close your eye or press your finger to the corner of your eye toward the nose (see below) for 1-2 minutes to retain the medication in the eye and allow adequate absorption.
6. If you are using more than one type of drop and are dosing them at the same time, make sure you wait at least 5 minutes between each drop. This prevents washing one medication out of the eye with the other.
7. Make sure to store the drop with the lid on tightly between doses.

Eye Ointment

1. Wash your hands
2. Squeeze a ¼ inch strip of ointment onto your index finger (about the size of a piece of rice)
3. Pull down on the lower eye lid creating a pouch.
4. Using a rolling motion with the tip of your finger, place the piece of ointment into the eyelid pouch.
5. Close your eye and roll your eye around under the lid. This will spread the ointment on the surface of the eye. Your vision will usually be blurry for a while as ointment is thick and coats the surface of the eye.
6. Make sure you store the ointment tube with the lid on tight between doses.

If you have difficulty knowing when you have properly instilled a drop in the eye, you may refrigerate the medication. This will allow you to more easily feel the drop when it makes contact with the eye.

The UHC Vision Clinic is available to students, student's spouses/partners, faculty/staff, and dependents. It offers the full range of optometric care as well as a large retail inventory of frames and lenses.

Appointments are necessary and can be made online (students) or by phone.

Call 706-542-5617 or visit http://www.uhs.uga.edu/services/vision_clinic.html