

India's First Digital Screen protector eye Drops & Tablet



How To Use Eye Drops Effectively?

MANUAL

Experts say it is significant to use eye drops correctly to get effective results, but how do you know whether you are using them properly or not. Eye drops help treat and manage the conditions like dryness, fatigue, itching, infections, allergies, and even glaucoma. And the good news is that there are ways to use eye drops properly for better results. It is essential to use the eye drops as directed and correctly so that the medication absorbs into your eyes and works effectively.

What is Required?

To use the eye drops properly, other than the eye drops there is a need for the following:



Soap or
hand sanitizer



Water to clean
and wash your hands



Some tissues or wipes
to wipe off excess drops
on the skin and around the eyes.

Helpful Step-by-Step Instructions

There are step-by-step instructions given below. These instructions also help put drops in your eyes; if you are a caregiver or a parent, these instructions may also help put drops in another person's eyes. But, if you cannot put drops in your eyes on your own, then you need to request a member of the family or a friend.

A Preparing



Collect all the supplies, such as eye drops and tissues or wipes, to remove the extra drops.

Now, clean and wash your hands with water and soap and dry them with a towel or paper towel. You may also use hand sanitizer if the soap is not available.

Gently shake the eye drops bottle if it is mentioned on the label or as directed or suggested by the pharmacist or doctor.

Remove the cap from the bottle and put it aside on the clean surface.

Ensure that the dropper tip is clean. If it is not, then consider having the new bottle.

B Putting In the Eye Drops



Lie down straight on your back to put the eye drops in your eye. Or, you may also tilt your head back.

Pull down your lower eyelid with your finger and away from the eyeball and form a pocket or pouch to put the eye drops in the eye.

Grab the bottle over your eye making the dropper tip faces down. The dropper tip should be near to your eye, but it should not be in contact with the eye. You may support your hand in which bottle is being held by resting your wrist against your forehead.

Look upside and press the bottle to put in one drop to fall into the pocket or pouch of the eye that you have made earlier.

Gently close your eye and tilt your face towards the floor for two to three minutes. Avoid pressing your eyes tightly shut, moving your eyeballs, and blinking your eyes.

Keeping your eye closed, use one finger to put gentle pressure on the eye inside the corner. This would help stop the medication or drops from going into the nasal passages and getting into the throat or mouth.

Use a tissue or wipes to clean off the extra drops around the eyes.

C Finishing Up



After putting in the first drop, if there is a need to put in a second drop into the same eye, please wait for at least five to ten minutes.

Put the cap back on the bottle, and avoid touching the dropper tip or cleaning it. Wash and clean your hands to avoid any drops that get into them.

Store your bottle as mentioned on the label or as your pharmacist or doctor suggested.

Do's

- ✔ Always check the expiration date on the label or ask your pharmacist about it so that you may be aware of how long eye drops may be used after opening the bottle.
- ✔ It is normal for some liquid to flow around your eyes on the skin. This does not mean that you need more drops.
- ✔ It is essential to use the drops in proper order if you are using two types of medications, such as an eye solution and an eye suspension. It is required to use the solution first and then the suspension. If you are using the eye drops and an eye ointment, put the eye drops first and then the eye ointment after ten minutes. You may consult your pharmacist or doctor to learn about these medications' differences.

Mistakes to Avoid

- ✘ Avoid allowing the dropper tip to touch your eye or any other surface so that it may not pick any bacteria or germs that may cause infection in the eye.
- ✘ Avoid sharing eye drops with another person. Otherwise, it could lead to germs or infections.
- ✘ Avoid wearing contact lenses while putting eye drops in your eyes unless your pharmacist or doctor says it's ok.

Consult Your Doctor

To make your eye drops work well and properly, follow these step-by-step instructions and directions from the eye drop label or your pharmacist or doctor. These steps should make you use your prescription or over-the-counter eye drops easily, properly, and safely. If you have any queries about using your eye drops, consult your pharmacist or doctor.



Works as Digital
Screen Protector.



Helps in lubricating and
nourishing the eyes.



Fights with eye strain,
dryness, and fatigue.