

How to administer eye ointment

1

If you need to use eye drop(s) and eye ointment, use the eye drops first and then wait five minutes before using the eye ointment.



4

Make a fist with one hand and use your knuckles to pull your lower eyelid downwards. Place your other hand with the eye ointment tube onto your knuckles with the nozzle facing downwards towards your eye.



2

Check the expiry date on your eye ointment and wash your hands before opening the tube.



5

Look up and squeeze about 1cm of the ointment along the inside of the lower eyelid, making sure the nozzle does not touch the eye, eyelashes or eyelid.



3

Lie down or sit down and tilt your head back.



6

Close your eye for a moment, then blink a few times to spread the ointment around the inside of the eye.

