

## **GUIDELINES FOR USING MEDICATIONS**

- ✓ Instill **only one drop** into lower eyelid.
- ✓ Close eyes gently after each drop for 2 - 5 minutes.
- ✓ If using more than one drop, wait at least 10 minutes between drops.
- ✓ Always use drops before ointments.
- ✓ Place small amount of ointment (size of ½ pea) on eye at bedtime. In the morning, ointment may be cleaned off with clean washcloth.
- ✓ Once daily medications can be used at any time unless instructed otherwise.
- ✓ Twice daily medications should be used about 12 hours apart.
- ✓ Three times per day medications should be taken about 8 hours apart.
- ✓ Four times per day medication should be taken upon awakening, before bed, and then at two other times, dividing the day as equally as possible.
- ✓ Please bring all of your eye medications with you for each visit - a list of all other medications you are using would also be helpful.

**DO NOT RUN OUT OF YOUR MEDICATIONS!**