Eye Ointment
Information for patients

Wash your hands.

Squeeze out a small amount of ointment onto a clean tissue and discard it. Tilt your head backwards slightly.

Gently pull the lower eyelid downwards using one finger to form an open pocket.

Holding the eye ointment in the other hand, squeeze a thin line of ointment along the inside of the pocket.

Close your eye and move the eyeball from side to side to gently spread the ointment. Do not rub the eye.