

## How to Use Eye Ointments

- (1) Wash your hands.
- (2) While bending your head backwards and looking upwards, gently pull down the lower eyelid to form a pocket.
- (3) Squeeze about 1 cm of ointment and apply it into the pocket. Avoid touching the tip of the tube against your eye or eyelid.
- (4) Close your eye (Never rub your eyes with your hands) and blink for a few times to make the ointment spread evenly onto the eye. Wipe away any excess ointment around the eye with a clean tissue.
- (5) The ointment may then blur your vision temporarily and therefore you should not drive a car or operate machinery until your vision becomes clear again.
- (6) If you are using two different eye ointments or eye drops, they should be applied a few minutes apart.
- (7) The cap of the tube should be replaced and tightened right after use.
- (8) If possible, ask your family members or someone else to apply the ointment for you.

- Note:
- (I) Never use discoloured or expired ointment.
  - (II) Do not let anyone else use your ointment to avoid transmission of bacteria and delay in treatment.
  - (III) Discard any leftover ointment one month after opening.