

# How To Instill Your Eye Drops



1. Gently make a pouch or a pocket of the lower lid by grasping it with thumb and index finger.



2. Instill a single drop into the pocket of the lower lid and close the lid.

3. Place your index finger over the inner corner of the eye lid and gently press down for two minutes.



This method of instilling drops will increase efficacy of the drops and minimize systemic side effects.