

Similar with tablets and injections, eye drops are a form of medicine. Because of this, they should be treated in the same way as other medications. If you fail to take your eye drops as directed, miss doses, or discontinue treatment, your sight may be at risk.

Many eye conditions can be treated with eye drops,, including glaucoma, conjunctivitis, inflammation of the eye and dry eye syndrome. Occasionally, they are prescribed following eye surgery when infection or inflammation may need to be prevented.

Following your doctor's instructions when using eye drops is always important, regardless of their reason for use. Although [Enrich eye drops](#) are the most commonly used formulation, eye gels and eye ointments can also be used. Below are the top six tips when using eye drops.

1. Always Check The Label

People often mistakenly insert something other than eye drops into their eyes. It is common for eye drops and ear drops to be mixed up, as well as glue bottles. An exposure to chemicals that results in a chemical burn to the eyes can cause quite severe damage.

2. Never Apply Eye Drops While You Are Wearing Contact Lenses

Many people don't consider removing their contact lenses before putting in eye drops, even though it seems logical. If you wear contact lenses, the drops may not be distributed evenly, thereby reducing their effectiveness. If residue from the eye drops adheres to the lens, you must wait 20 minutes before inserting your contact lenses again.

3. Apply One Drop At A Time

When drops are applied rapidly, the first drop is pushed out of the eye before it has a chance to work, wasting medication. A drop of eye fluid can only be held by the eye for less than half a second at a time, and the remainder spills out around it. When the label specifies that two drops should be applied, do not apply them simultaneously. After applying one drop, wait at least two minutes before applying another.

4. Avoid Blinking Vigorously After Applying Eye Drops

It is important to gently close your eye or blink normally so that you do not push out the drop.

5. Make Sure The Drop Stays In Your Eye To Minimize Side Effects

Pressure should be applied to the lower tear ducts (located next to the bridge of the nose) in order to reduce the amount of eye drops entering the bloodstream. By doing this, side effects from the eye drops will be reduced. Make sure you wipe away any excess liquid with a tissue to avoid irritating the surrounding skin.

6. Keep Your Eye Away From The Eye Drop Bottle Tip

It increases the risk of eye infections if this happens since eye drop solutions may be contaminated with bacteria from the eye.

Wrapping Up

The use of eye drops can alleviate dryness and irritation, promoting comfort in the eyes. Artificial tears also promote the healing of the injured eye's surface, reduce the sensation of surface scratches, and flush out any remaining contaminants. By keeping the eye lubricated, they prevent further damage. Try asking a family member or friend for help instilling the drops if you struggle. As an alternative, eye drops can be purchased. It is recommended to ask your doctor for advice if you're still having problems.



Author's Bio:

Deinah Storm works in the corporate industry, but she has quite a bit of knowledge about beauty, health, and skin care. On her free days, she finds solace in writing and educating more people about taking care of your beauty, skin, and wellness.

Steady Run