

A Step-by-Step Guide How to Apply Eye Ointment

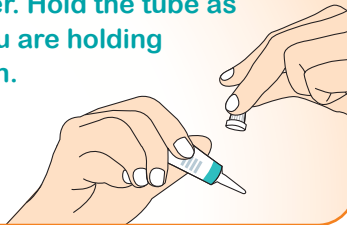


Singapore National
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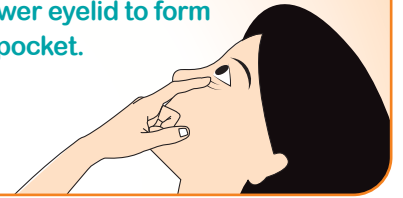
1 Wash your hands thoroughly with soap and water. Dry your hands before applying the eye ointment.



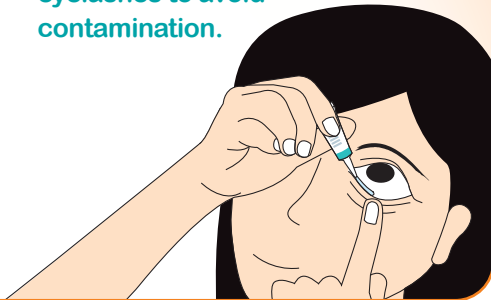
2 Remove the cap from the tube and place it on a clean piece of tissue paper. Hold the tube as if you are holding a pen.



3 Tilt your head slightly backwards and look up. Using the index finger of your free hand, gently pull down your lower eyelid to form a pocket.



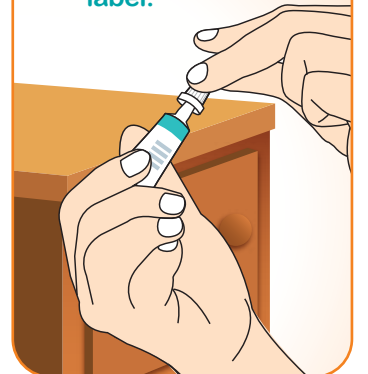
4 With a sweeping motion, squeeze the tube to apply about 0.5 to 1 cm of the ointment inside the pocket of your lower eyelid. Ensure that the tip of the tube does not touch your eye, eyelid or eyelashes to avoid contamination.



5 Blink your eyes gently a few times to spread the ointment inside the eye. Keep your eyes closed for 1 to 2 minutes. Wipe away excess eye ointment from your eyelid and eyelashes with a clean piece of tissue paper.



6 Recap the ointment and store it in a cool area or as instructed on the label.



IMPORTANT INFORMATION

- Before using the eye ointment, read the label on the tube carefully. Using a mirror may make the application of eye ointment easier.
- Record the date opened on the eye ointment tube. Throw it away immediately once contaminated or after reaching its in-use shelf life as recommended by the manufacturer.
- If you need to apply both eye drop and ointment, you should apply the eye drop first. Wait for at least 5 minutes before applying the eye ointment.
- If you need to apply another eye ointment, wait for at least 10 minutes before the application.
- Eye ointments may cause temporary blurring of vision. You should avoid driving or doing things in places with poor lighting until your vision clears.

For Contact Lens Wearers

- Remove your contact lens before each application of medication. You can put them on 30 minutes after applying the eye ointment.
- Contact lens wearers who are advised by the doctor NOT to wear contact lenses should strictly follow the doctor's advice.

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Emergency Department (SGH ED), which is located at Block 1.

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