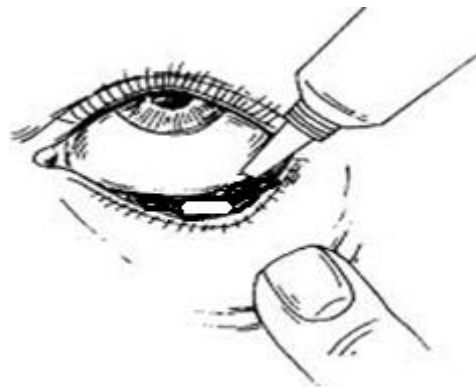


**St. Teresa's Hospital  
Eye Centre**

**Patient Information**  
**Method of Using Eye ointment**

1. First, clean your hands. Tilt up your head or lie down on the bed.
2. Pull down lower eyelid and look up. Instill the eye ointment. (4 - 5mm ointment is enough)
3. Blink for several times after applying the eye ointment to make the ointment evenly distributed. Close the eye and clean excessive ointment with tissue paper.
4. Close the cap of eye ointment properly.
5. Patient may have blurry vision for short period of time after applying the eye ointment.
6. If eye drop and ointment are used, eye drop should be used first. Then apply the ointment at least 5 minutes after the eye drop.
7. In general, eye ointment should be discarded 1 month after being opened or as instructed.



References:

1. 衛生署藥物辦公室 Retrieve from [http://www.psdh.gov.hk/eps/chi/general\\_doc/How%20to%20Use%20Eye%20Ointment.pdf](http://www.psdh.gov.hk/eps/chi/general_doc/How%20to%20Use%20Eye%20Ointment.pdf)