

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

Medication Information Leaflet

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



### Important Information

- Read the label on the tube carefully before using the eye ointment.
- Using a mirror may make the application of eye ointment easier.
- Record the date opened on the tube of eye ointment. 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 the 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 more than one eye ointment, wait for at least 10 minutes before applying the next eye ointment.
- Applying eye ointments may cause your vision to become blurry for a short period of time. You should avoid driving, operating machinery, or doing things in places with poor lighting until your vision clears.

## For Contact Lens Wearers

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

### Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.*

*Last updated on Jun 2021*

