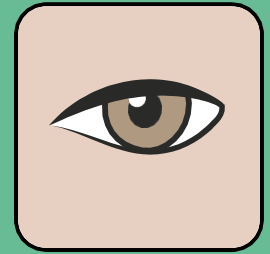


# The Ophthalmologist

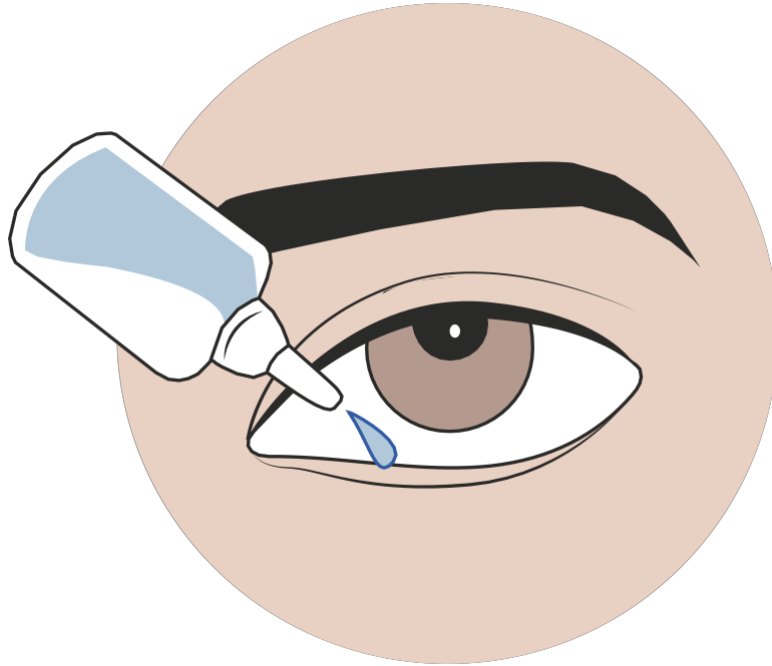


I need to put eyedrops in my eyes



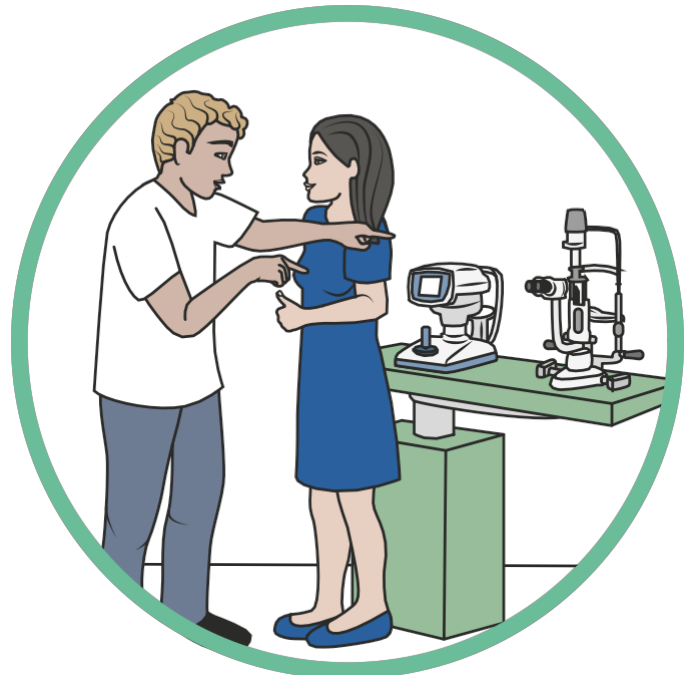
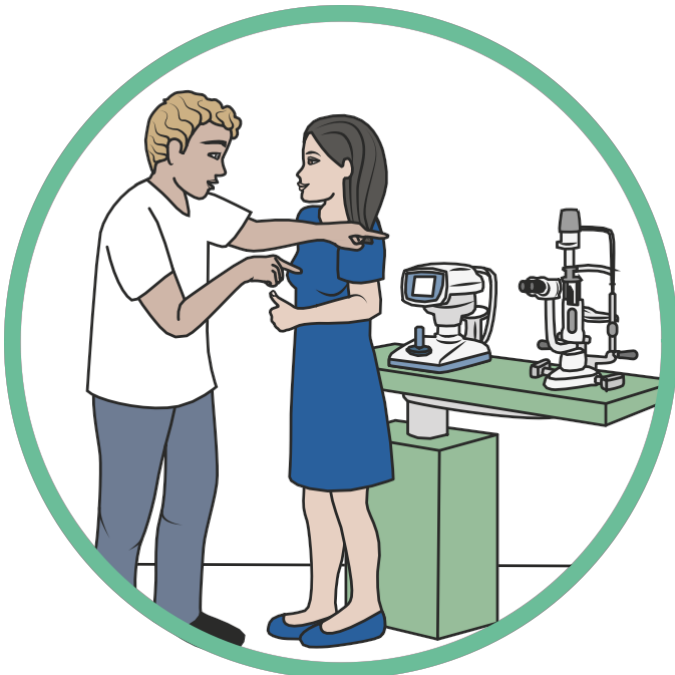
# Why do I have to use eyedrops?

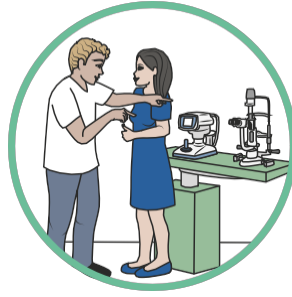
I use eyedrops:



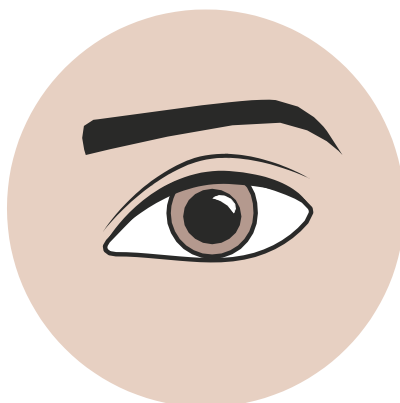
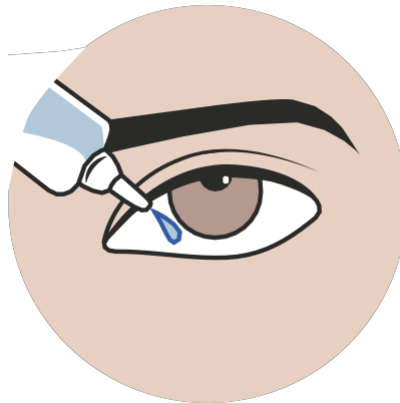
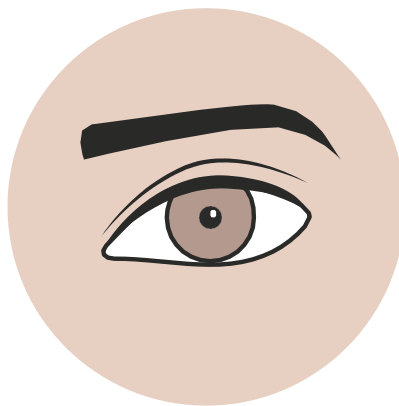
● To treat an illness in my eyes.

● To take an eye test.





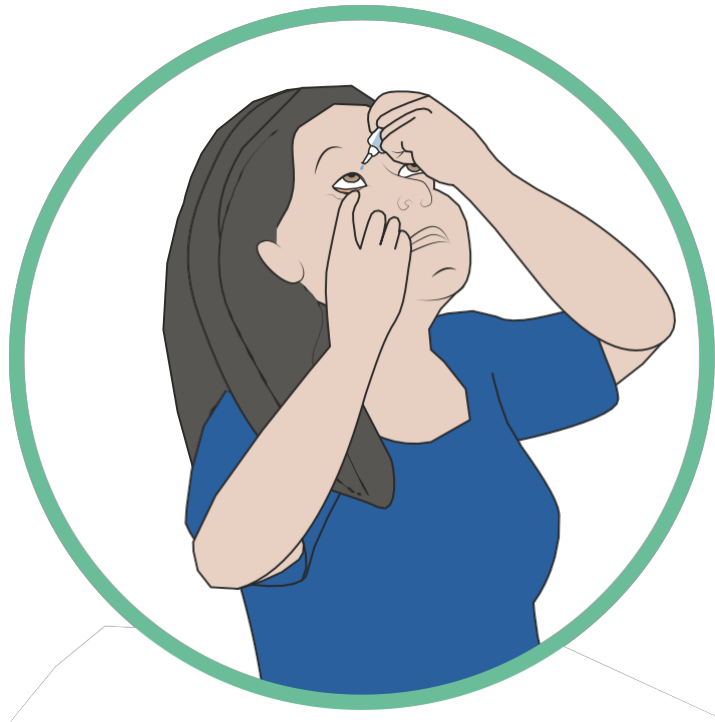
- **The eyedrops help to make my pupils bigger.**  
The pupil is the black circle in the middle of my eye.



# How do I put eyedrops in my eyes?

I can put eyedrops in my eyes:

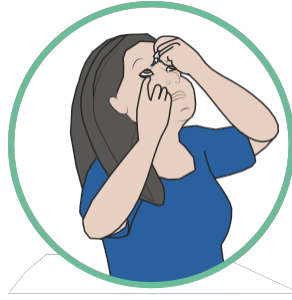
- By myself



- Or somebody can help me



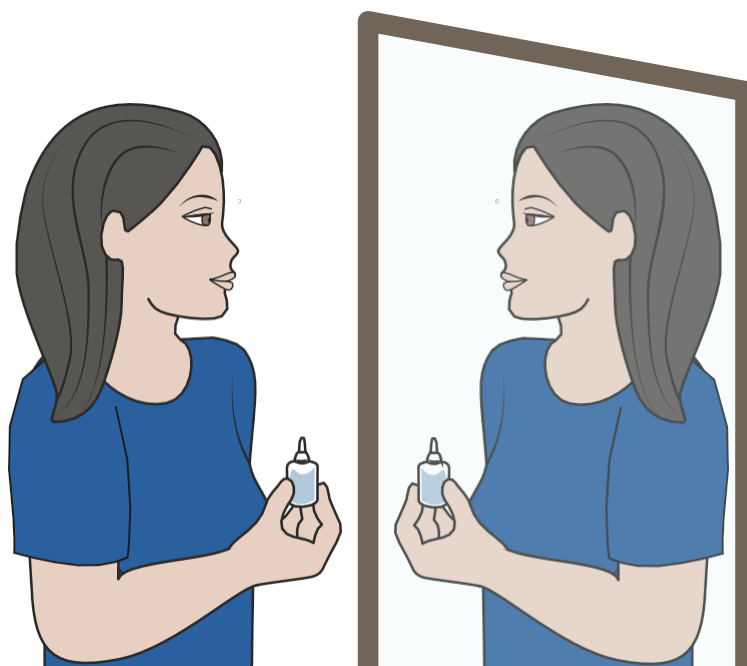
## When I put eyedrops in by myself:



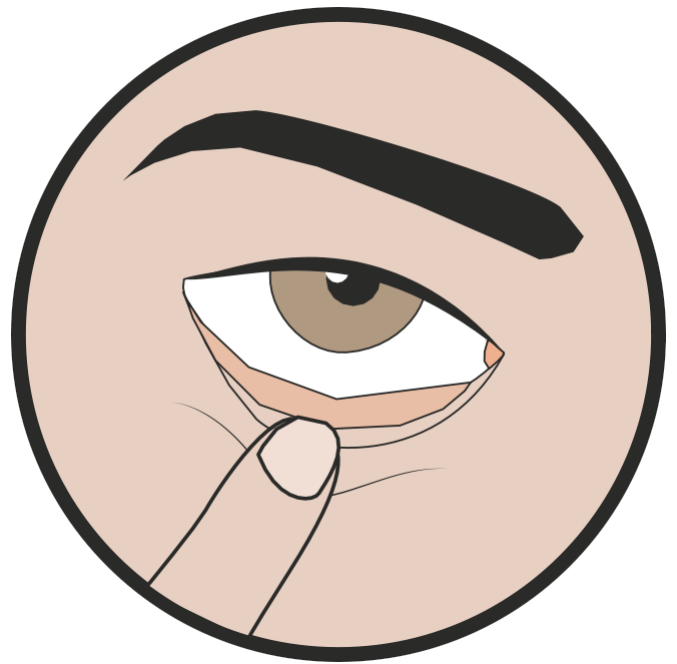
- I wash my hands.



- I look in the mirror.



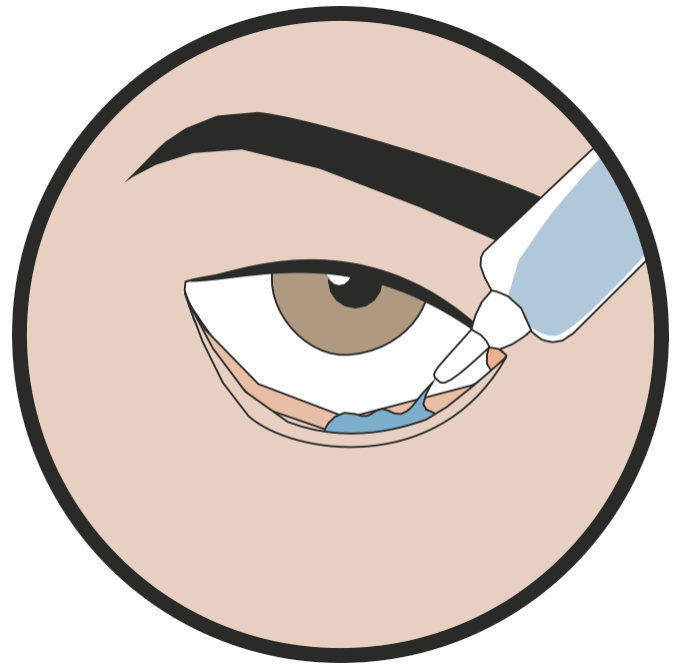
- I gently pull down my bottom eyelid to make a small gap.



- I lean my head back gently.



- I put a drop in the middle of the small gap in my eyelid.  
I must not let the dropper touch my eye.
- The drop goes into my eye.



**If somebody is helping me with my eyedrops:**



● **I make myself comfortable.**

I can lie down,



or I can lean my head back.

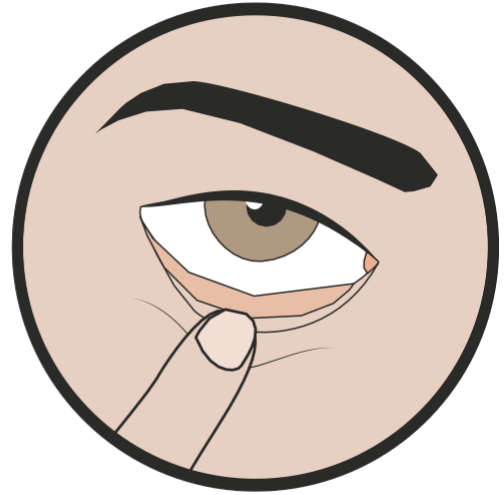


● **The person who helps me washes their hands.**





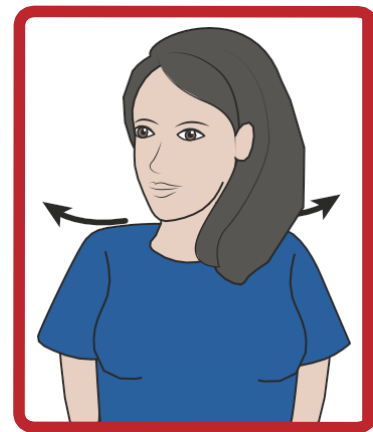
- The person pulls my bottom eyelid down gently.



- I must not shut my eyes.

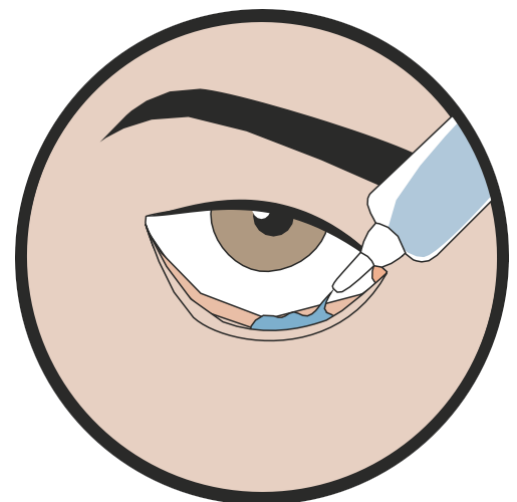


- I must keep my head still.



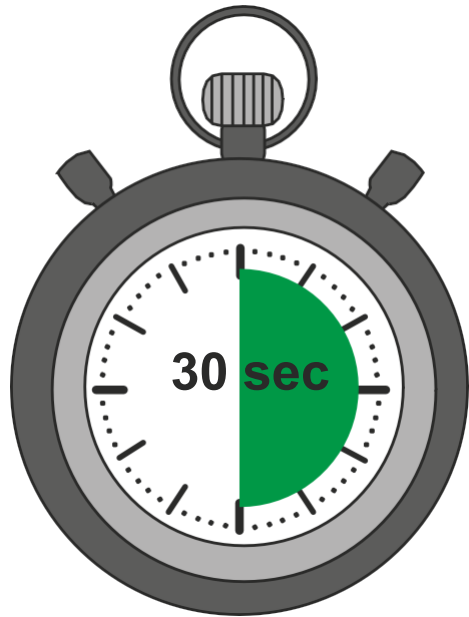
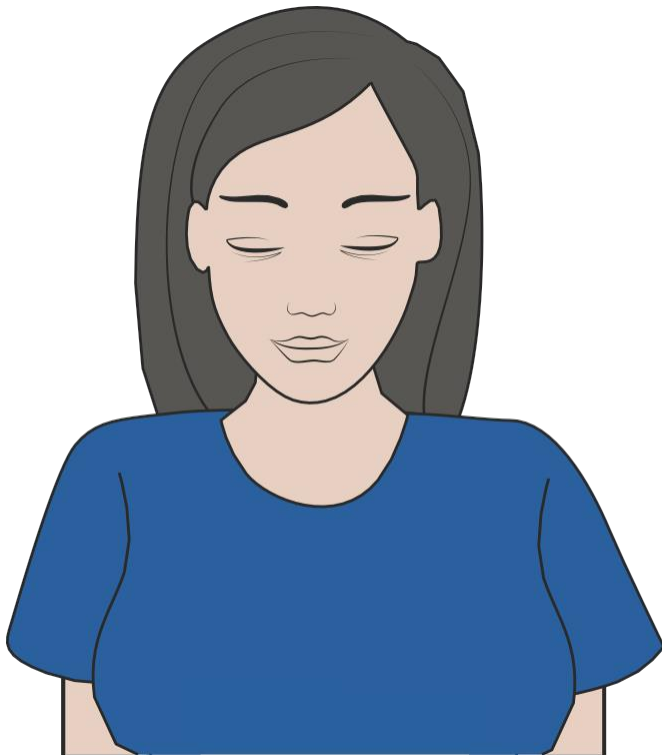
- She puts the eyedrops into the middle of my bottom eyelid.

The dropper must not touch my eye, and the eyedrops go into my eye.



# After I use my eyedrops:

I close my eyes and count to 30.



I wipe away any drops that have run using a paper tissue.

● I do this gently.



**I must not rub my eye.**



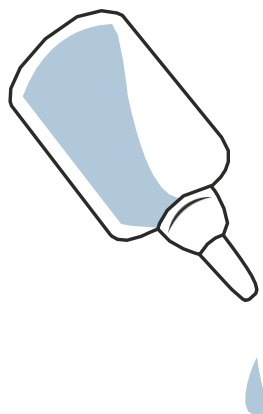
**I wash my hands.**



**Help me feel better!**



**Can sometimes sting.**



**Make my eyesight blurry.**



**But it doesn't last long.**

**But I can see normally afterwards.**

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thanks to the support of the Orange Foundation.**

**Foundation**



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