Hadley

Using Eye Drops Sample

Using eyedrops—whether they’re prescription or over-the-counter—can be a tricky task for anyone. But a few tips can help you get the right dose in the right place, no matter your level of vision.

You’ve probably already used eye drops on your own—and some of the techniques you’ve practiced will still come in handy. Here are a few extra tips that don’t rely on vision.

If you’re using a new medication—or if your eye drops come in a bottle you haven’t used before—try practicing on your hand, first. That way, you’ll know how quickly the drops come out. Start by removing the bottle cap and placing it where you can easily find it—near a landmark, such as the backsplash of your bathroom counter, or on a clean tissue or towel nearby. Then hold the bottle in one hand and place your other hand under the bottle, a few inches away.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you, your name, email address, how you heard about Hadley and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts, like me. Now, where were we?