

FREDERICK J. SAUERBURGER, M.D., P.A.

11345 PEMBROOKE SQUARE
SUITE 105

WALDORF, MARYLAND 20603
(301) 645-8120 (301) 843-3120

F.J. SAUERBURGER, M.D., Ophthalmology and Cataract Surgery
HADIA R. CHOUDHARY, O.D., Primary Eye Care and Contact Lenses

TAKING DROPS? HOLD YOUR NOSE!

Studies have shown that eye drops will **WORK BETTER** and **LAST LONGER** if you block their runoff. (**KEEP THEM IN THE EYE LONGER**)

WHY?

The nasolacrimal duct is a drainage tube that leads from the inner corner of each eye, down through the nasal bones and into the nose. It is the normal path for tears to slowly trickle away from the eye. Tears are produced under the eyelids, bathe the eye's surface and drain away through the nasolacrimal duct, to be swallowed or evaporate from the lining of your nose. (This is why your nose "runs" when you cry). When you place eye drops on your eye they will drain into your nose.

HOW?

After placing a drop in your eye(s), close the eyes gently while firmly pressing soft tissue at the corner of each eye. (Press the tear sacs for at least one minute.)



THEORY:

By holding the nasolacrimal duct, you allow the medication to soak into the eye where it is more effective. This prevents systemic side effects from the drops entering the nose and being absorbed into the blood stream.

DO IT! IT WORKS.