

# Eye Wash Instructions



## TO PREPARE THE EYE WASH (regular amount):

- 1) Simmer water, but do not bring the water to a boiling point. If the water does reach the boiling point, allow it to cool for a few minutes before adding the herbs.
- 2) Pour about  $\frac{1}{4}$  cup into a glass cup or mug.
- 3) Add a full dropper of Dr. Morse's Eye Health Formula and let it cool.
- 4) Pour into an eyecup and use as a rinse throughout the day. This portion will give you approximately 4-5 rinses per day. Make a fresh batch each morning.

## PREPARING SMALLER AMOUNTS:

Add six to twelve drops to two ounces of hot (not boiling) water. Make sure the water is cool enough to administer to the eye.

## DIRECTIONS:

- 1) Pour the prepared eyewash mixture into your eyecup. Lean your head forward and place the edge of the cup against the top and bottom eyelid, covering the eye socket and creating a tight seal.
- 2) Holding the eyecup in place, tip your head back and allow the liquid to settle over the eye.
- 3) With the liquid solution covering the eye, roll the eye around in the socket.
- 4) Lean your head forward to remove the eyecup. Discard the solution and rinse the cup. Repeat the process for the other eye with new solution.



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For a faster rinse of both eyes at once, place a pair of clean swim goggles on a table and fill each goggle with the solution. Press your face onto the goggles, and once a tight seal has been created, tip your head back while holding the goggles in place.