

## Does it matter if I miss my glaucoma drops?

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Thursday, 21 January 2010 20:37 - Last Updated Thursday, 21 January 2010 23:37

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It is important not to miss glaucoma drops, as missed doses lead to higher eye pressures, and over time this can lead to irreversible damage to the optic nerve. If you are not tolerating your eye drops, further advice should be sought to find a suitable alternative treatment. Some drops cause allergies, and alternative medications may be better suited. Patients who miss eye drops are unfortunately more likely to develop progressive glaucoma. The most common reason for missing drops is just forgetting. Try to get into a routine with drop instillation, and if you are missing drops periodically, consider having a calendar or diary to mark off when drops are taken. One useful tip is to always take the drops just after doing some other daily routine, eg brushing teeth. If you forget drops and normally put in drops late at night, consider an earlier application eg after an evening meal.

