

EXOSOME EYEDROP PROTOCOLS

SUPPLIES:

- (5) sterile eyedropper bottles (2mL or 3mL)
- (5) Syringes or pipettes (used to transfer the solution to the eyedropper bottles)
- Optional: Eyedrop assistance tool (see page 2)

The exosomes will come in (5) ampules. Each ampule has 1mL of exosomes (20 billion) and 1mL of hydrating saline solution (2mL total).

When your order arrives, remove the contents from the cooler and **put the ampules in the freezer**. When you are ready to start treatment, remove ONE ampule and place it on the counter to thaw. This should take about 10 minutes.

Next, **transfer the 2mL solution from the ampule to the eyedrop bottle using a syringe or pipette**. Remember, **always to store the eyedrops you are currently using in the refrigerator** and the ampules not in use should be kept in the freezer.

>>You will put **ONE** drop in each eye **(4) times daily spaced at least one hour apart**.

Each 2mL bottle should last about 5 days in total. When you finish with the first bottle, dispose of it in the trash and repeat the process for the remaining four ampules.

Using eye drops correctly is important so all the exosomes get into your eye. Follow these steps to put in your eye drops:

Tilt your head back and look up

With 1 hand, pull your lower eyelid down and away from your eyeball – this makes a “pocket” for the drops.

With the other hand, hold the eye drop bottle upside down with the tip just above the pocket.

Squeeze 1 drop of eye drops into the pocket

For at least 1 minute, close your eye and press your finger lightly on your tear duct (small hole in the inner corner of your eye) – this keeps the eye drop from draining into your nose.

Follow these tips to protect your eyes from infection:

- Wash your hands with soap and water before you use eye drops
- Don't touch the tip of the eye drop bottle with your hands
- Don't let the tip of the eye drop bottle touch your eye or eyelid
- If you have trouble putting in eye drops, use a tool to help (see below)

Here are some options to choose from. You can purchase another of the items below or search for a similar product.

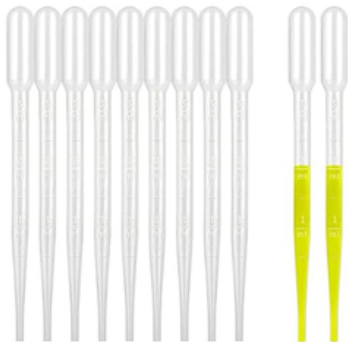
30PCS 2ML



12PCS 3ML



3ml Disposable Plastic
Dropper Pipettes



50 Pack 3ml
Disposable Syringe



gentle drop applicator



AutoDrop

