

# EXOSOME EYEDROP PROTOCOLS

## SUPPLIES:

- (3) sterile eyedropper bottles (2mL to 5mL) per 5mL of exosomes
- (3) Syringes (used to transfer the exosomes to the eyedropper bottles)
- Optional: Eyedrop assistance tool (see page 2)
- Mesenchymal Exosomes

When your order arrives, remove the contents from the cooler and **put the exosomes in the freezer**. When you are ready to start treatment, remove ONE vial and place it on the counter to thaw. This should take about 15 minutes.

Next, **transfer 2mL of exosomes solution in to (2) sterile eyedrop bottles and 1mL in the 3rd bottle using a syringe**. So, you will have (2) eye drop bottles with 2mL of exosomes and (1) bottle with 1mL. Put two of the eye drop bottles back into the freezer and keep one bottle out. This will be the bottle your use first which needs to be kept in your refrigerator.

>>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 remove one of the other bottles from the freezer leaving the last one in the freezer. Repeat the same process.

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.

**GENTLY** 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.

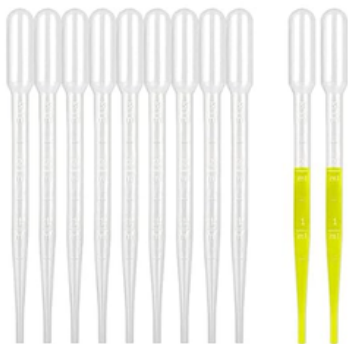
30PCS 2ML



12PCS 3ML



3ml Disposable Plastic Dropper Pipettes



50 Pack 3ml Disposable Syringe



gentle drop applicator



AutoDrop

