

## Lid Hygiene Instructions

### Purposes:

1. To promote and maintain the health of the eyelids and ocular surface.
2. To improve overall comfort of the eyes and eyelids.
3. To remove debris from the lids and eyelashes.
4. To improve the stability of the tear film and thus reducing blurry vision due to the instability.
5. To improve comfort with contact lens wear.

### Warm Compress and Gentle Massage

Start with a **warm compress** for 10 minutes. We recommend Thera Pearl and Bruder eye masks for effectiveness and ease of use.

Then **gently massage** the upper and lower lids to encourage the oil glands to express their contents for better quality tears and comfort.

\_\_\_\_ Time(s) per day

### Lid Scrubs

After the warm compress and gentle massage, close your eyes and **carefully rub the base of the lashes in a side to side motion** with a mild cleanser for 10-20 seconds. Baby shampoo or commercial products like PURE-VU® Towelettes or Lid-Care® and Lid-Care® Towelettes work very well for this. The gentle rub removes debris and bacteria build up at the base of the lashes and on the adjacent lid margins.

\_\_\_\_ Time(s) per day

### Lubricating Eye Drops \_\_\_\_\_

### Omega 3 (Essential Fatty Acids) daily supplement, 2g/day, fish oil is best source for EPA (a natural anti-inflammatory) and DHA ("brain food"). EPA>DHA approximately 4:1. ALA found in flax, nuts, seeds and dark leafy vegetables are poorly converted (<1-2%) to EPA and DHA.

**NOTE: TheraPearl Eye-ssential Masks (heating pads), Bruder Eye Masks and PURE-VU® Towelettes** are available in our office.

Irritation of the eyelids and ocular surface can be caused by any one or combination of the following:

1. Poor lid oil gland function.
2. Genetic predisposition.
3. Dry eye syndrome.
4. Demodex- eyelash mites.
5. Dirty, dusty, dry environments.
6. Hormone changes.
7. Poor attention to regular lid hygiene.
8. Contact lens over wear.