

WARM COMPRESSES

Warm compresses serve to loosen any crust that may have formed along the eyelashes and liquefy the oil produced by the eyelid oil glands so the oil can be more easily expressed.

Instructions for Warm Compresses:

- Wash your hands thoroughly.
- Use a clean facecloth.
- Soak the facecloth in warm water. The water should be as warm as you can comfortably tolerate, i.e. warmer than lukewarm, but not so hot it burns.
- Wring out the excess water and hold the facecloth against your eyes for at least 5 minutes. You will find during the five-minute time period that you will need to re-wet the facecloth in order to keep it warm.
- Alternatively, a gel eye mask or bag with rice (obtainable in a pharmacy or through the Internet, e.g. www.dryeyecompany.com) heated in a microwave may be placed over the eyes for 10 minutes.
- Perform compresses once to twice daily. You may do this while taking a shower.

LID HYGIENE

After performing warm compresses, wipe the eyelids several times. This serves to help express the oil and remove any debris/ crust. This may be performed by using products such as OcuSoft® or SteriLid® (TheraTears®) which are available without a prescription in pharmacies.

