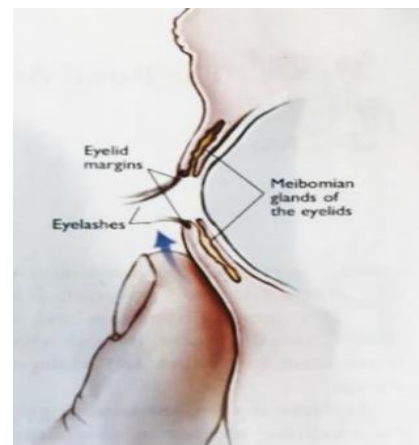




Eyelid Hot Compress Instructions

1. Heat up a face washer from a bowl of hot water (the water should be as hot as your wrist can stand... do not burn yourself).
2. Close your eyes and place the hot washer on your eye lids for 3 minutes applying firm pressure (reheat the washer from the bowl of hot water as necessary to keep the washer hot).
This will loosen up the oil in your eyelid glands (Meibomian glands) and will soften any skin crusts attached to the eyelids.
3. After 3 minutes, remove the washer. Massage should be done immediately after. With clean hands, massage along the length of the eyelids (massage upper lid with downward pressure and the lower lid with upward pressure) with the eyes closed. You should use comfortable but firm pressure while pressing. Avoid long fingernails when you do this.
This will help release the oil from the glands to coat and lubricate the surface of your eyes.



4. Eyelid hot compresses should be performed at least once a day (preferably in the morning) to maintain ocular comfort and lubrication, and to prevent further flare-ups.

