



## Stye and Meibomian Gland Dysfunction OTC Treatment - Eyelid Hygiene

### Step 1: Eyelid Scrubs

### Step 2: Warm Compresses

### Step 3: Artificial Tears

Removing debris from the eyelid margin (where the openings of the glands are located) before a warm compress can allow more material to express from your glands. This is generally recommended 1-2 times per day.

#### HOW TO PROPERLY CLEAN YOUR EYELIDS

**OCuSoft Lid scrubs:** wipe around finger and apply to eyelid margin. Firmly use side-to-side motions without irritating eyelids. It is important to get at the base of eyelashes.

**OCuSoft Hypochlor Eyelid Spray:** Using a 100% cotton pad, spray solution onto pad until moistened. For upper eyelids, close eyes and apply to eyelid margin using firm side-to-side motions. For lower lids, pull eyelid down, look up and repeat.

10 minutes of warm, moist heat applied to the eyelids 1-4 times per day (as directed by your doctor) can help melt the thick oils in your oil glands and allow you to express the thickened material.

OTC compress: make sure you buy one with a **MOIST** component (Bruder masks are good examples).

Homemade compress: there are many versions. One of them is: moisten a clean washcloth, roll into a "hot dog" shape, place in microwave for ~15 seconds until warm, apply to eyelid and unravel as the washcloth becomes cold. You may have to re-heat the washcloth.

At the end of your compress, lightly vertically massage your eyelids for 30 seconds to express the oils.

After the warm compress, you can wash your face and instill artificial tears to flush out your tear film.

Since the glands are not expressing enough oil (because they are blocked), look for artificial tears that can restore the oil layer of the tear film. Retaine MGD, Refresh Mega-3, and Optase MGD Advanced are three examples.

Some patients are sensitive to the preservatives found in artificial tear drops. The above drops are sold as preservative-free formulas. It is also recommended to use preservative-free formulas when using drops 4 or more times per day.

"Get the red out" drops are generally not recommended as they can cause rebound redness and may not have all of the components needed to restore the tear film.

