

LID CARE INSTRUCTIONS

STEP ONE: Clean Lids & Lashes "LID SCRUBS"

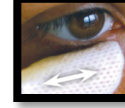
Lid hygiene is important to remove debris, oils, allergens, bacteria from lid margins/lash follicles

WIPES: Unfold pre-moistened pad, wrap around clean fingertip (optional: cut in 1/2)

FOAM: Pump on clean fingers or cotton pad/q-tip



Scrub eyelids using a back & forth motion



Clean lash-line of upper & lower lids



Use a different q-tip per eye OR use 1 side of wipe per eye

Recommended Lid Cleanser: Ocusoft Plus REPEAT 1-2 X A DAY

STEP TWO: WARM COMPRESSES

MOIST HEAT softens the oils that are clogged in the lids & opens the pores

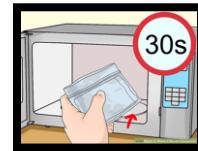
→ FAST METHOD- Shower/Sink Warm Washcloth

- Use a **CLEAN** washcloth – soak in warm (not hot) water
- In the **shower** or over the **sink**
 - Place the washcloth over your eyes. Reheat & reapply for **3-5 minutes**
 - Stand under water with **washcloth** over eyes



→ MOST EFFECTIVE METHOD- Moist Heat Mask

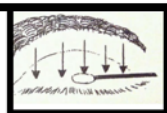
- Use a **microwaveable dry eye mask** designed for moist heat
- Heat for 20-30 seconds (comfortably warm- not too hot)
 - **Dry Eye Moist Heat Compress-** \$20 AT OUR OFFICE
 - **Homemade warm compress-** fill a clean sock with rice
 - **Regular heating pad on top of a wet washcloth** (moist heat is best)
- Leave on for **10-15 minutes** for best results (you can massage over the mask)



BEDTIME TIP: Heat a compress **mask** & leave on when you fall asleep (protects from night dryness)

STEP THREE: MASSAGE

After warm compress, gently massage the eyelids (rolling motion) to help glands secrete the oils.



UPWARD on lower lid

DOWNWARD on upper lid

Follow your warm compress with "lid massage"

- massage lids by starting 1 finger width from lash margin & gently press toward the lashes
- USE A CLEAN FINGER OR COTTON TIP APPLICATOR

REPEAT WARM COMPRESS & MASSAGE 3-4 X A DAY