



WARM COMPRESSES AND LID SCRUBS

The following instructions are to be used for the treatment of blepharitis and will require the following items.

1. Clean washcloths
2. Baby Shampoo
3. Ocusoft
4. Artificial Tears _____

Directions for warm compresses.

1. Wash your hands thoroughly.
2. Moisten a clean washcloth with warm water.
3. Close your eyes and place washcloth on eyelids for a few minutes, reheating the washcloth as necessary.
4. Repeat several times for 5 to 10 minutes.

Directions for lid scrubs.

1. Now that the lids are warm from the warm compresses.
2. Wrap your finger with the warm cloth and massage the eyelids from top to bottom for superior lid and bottom to top for inferior lid to express the oils from the glands.
3. Once the oils have been expressed and the lids still warm, mix warm water and a small amount of non-irritating (baby) shampoo.
4. Using a clean cloth, dip the cloth in the solution and rub it along the eyelashes and edge of the closed eyelid margin being careful not to get it into the eyes.
5. Rinse the eyelashes with clear clean water.
6. Dry off face with clean cloth.
7. Add one drop of the artificial tears into each eye for comfort.
8. Repeat as recommended.

Start by doing the warm compresses and lid scrubs _____ times per day for _____ day (s),

then _____ per day for _____ day (s).

then as needed.