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## INSTRUCTIONS FOR LID SCRUBS

### Why do it?

The glands at the base of the lashes are called the meibomian glands. They produce an important part of the tear layer necessary for keeping the eye moist and lubricated. Frequently, the glands (through no fault of your own) can become clogged, which can leave your eyes feeling dry, irritated, and also at a higher risk of developing an eye infection, stye, etc. Lid scrubs will help open these glands so they can more efficiently produce the tear layer.

### How to do it?

Opening these glands works much like a facial (using warm compresses to open the pores.) Start by running very-warm-to-hot water over a face cloth for 30 seconds to one minute. Place the cloth over the eyes for several minutes. Looking in the mirror, pull the skin of the eyelid toward the underlying bony structure, then run a dampened Q-tip along the base of the lashes, both upper and lower. This horizontal motion should wipe away what was expressed from the glands. The glands are long and thin, so it may take a week or more before you can clean them all the way to the base and get relief for your symptoms.

Unless you have been informed otherwise, you should do this two times the first day, and then once a day thereafter. It only takes a couple of minutes a day. It may seem tedious, but if you can get into the habit, your eye will be healthier and more comfortable.

