

## **EYELID MAINTENANCE**

### **Lid and Lash Cleaning**

Purchase an over the counter product such as Steri-Lid (or equivalent) at any pharmacy. The product can be used when showering by keeping your eyes closed and using a side-to-side motion as if you were shampooing your eyelashes. Do this for 15 seconds per eye. The lids and lashes can then be rinsed with warm shower water.

### **Warm Compress**

The best results from warm compresses are achieved by using a commercially available product that will act as a sustained source of heat. Products are available that can be warmed in the microwave for 10 to 20 seconds (test warmth prior to placing on eyelids) and applied to both lids for 5 minutes. Common household items can also be used such as putting rice in a sock and tying off the end.

### **Ointment**

If you have been prescribed an antibiotic ointment apply it as directed before bedtime. Wash hands and put a 1/8 inch ribbon of ointment on your finger and rub it on the lashes of each eye while closed.