



TAUBER EYE CENTER
L.L.C.

Eyelid Cleaning Instructions

SOAK → SQUEEZE → SHAMPOO → SCRUB

1. Place the gel mask in a microwave oven (8 – 15 seconds) to reach a temperature that is **warm but not burning**.
 2. **Press** the mask closely against your closed lids and lashes.
 3. Continue heating for **5-7 minutes**, to soften lid oils / crusts.
- ☐ Looking upwards, place the **side of your index finger** just under the lower lashes and squeeze the lid firmly between your one finger and the eyeball for about 4 seconds. **You should be pushing the lid against the eyeball, pressing towards the back of your head**. Reposition your finger along each lower lid, compressing at 4 areas. While looking downwards, repeat this squeezing at 4 areas on each upper lid near the lashes, also towards the back of your head. (**4 SECONDS EACH - 4 SPOTS - 4 LIDS**) Done properly, squeezing should briefly blur vision.
- ☐ Put a small amount of Johnson & Johnson Baby Shampoo on a facecloth and rub into eyelashes.
4. Wrap the warm facecloth over your index finger and gently scrub the lid edges to remove crusts and debris.
 5. Do this entire treatment two times a day.
 6. If prescribed, apply eye medications after the warm soaks.