



Eyelid Hygiene – Treat One Lid at a Time!

SOAK → SQUEEZE → (SHAMPOO) → SCRUB

1. Place the gel mask in a microwave oven (10 – 15 seconds) to get it as **warm as you can stand but not to be burning**.
2. **Press** the mask firmly against your closed lids and lashes.
3. Continue heating for **2-5 minutes**, to soften lid oils / crusts.
4. **Treat each lid individually!** Start by: Looking upwards, place the **side of your index finger** (not the fleshy bottom) just under the lower lashes and press the lid **firmly towards the center of the eyeball** for about 4 seconds. **To release oils, you must be pushing towards the center of the eyeball.** Compress both lower lids, each at 4 areas to treat the entire lid. Then, while looking downwards, **treat each upper lid**. Perform this compression / squeezing at 4 areas on each upper lid near the lashes, also towards the center of your eye. Squeezing should briefly blur vision.
(**PRESS FOR 4 SECONDS AT - 4 SPOTS - 4 LIDS**)
- ☐ If your lashes are crusty, put a small amount of Baby Shampoo on a facecloth and rub into eyelashes.
5. Wrap a warm facecloth over your index finger and gently scrub the lid edges to remove crusts and debris.
6. **Do this treatment two (or more) times a day.**
7. If prescribed, apply eye medications after the lid hygiene.