

## BLEPHARITIS CARE INSTRUCTIONS

### 1. WARM COMPRESSES

WHAT YOU NEED: A CLEAN WASH CLOTH & A BOWL OF HOT WATER

1. WASH YOUR HANDS
2. SOAK CLEAN WASH CLOTH IN HOT WATER. SQUEEZE OUT ANY EXCESS WATER
3. FOLD THE WASH CLOTH AND SLOWLY LOWER OVER BOTH EYES  
(CAREFULLY – THE SKIN OF THE LIDS IS THE THINNEST SKIN IN THE BODY)
4. THE WASH CLOTH WILL COOL OFF RAPIDLY – ABOUT 30 SECONDS
5. SUBMERGE WASH CLOTH BACK INTO HOT WATER, SQUEEZE OUT EXCESS WATER AND REAPPLY TO LIDS 9 MORE TIMES. FOR A TOTAL OF 5 MINUTES – (MINIMUM)

### 2. BABY SHAMPOO

WHAT YOU NEED: A BOWL OF HOT WATER, Q-TIPS & 3-4 DROPS OF BABY SHAMPOO

1. PUT A FEW DROPS OF SHAMPOO INTO THE BOWL OF HOT WATER (SAME BOWL IS OK)  
(5 DROPS OF WATER TO 1 DROP OF BABY SHAMPOO)
2. WITH Q-TIP & THEN SQUEEZE THE EXCESS WATER STIR OUT OF THE Q-TIP
3. TAKE THE MOISTENED Q-TIP & GENTLY WIPE THE LID MARGIN (THE BASE OF THE LASHES)  
SEVERAL TIMES. THIS WILL CLEAN THE BASE OF THE EYE LASHES AND ANY BACTERIA ON OR  
NEAR THE SURFACE. BE SURE TO DO ALL FOUR EYE LIDS.
4. YOU MAY RINSE THE SHAMPOO OFF OF YOUR LIDS

### 3. LUBRICATING EYE DROPS

#### TEARS

YOU MAY USE ARTIFICIAL TEARDROPS AS OFTEN AS YOU LIKE. THE TEARDROPS SUPPLEMENT YOUR NATURAL LAYER OF TEAR FILM, MAKING THE EYE MOIST & COMFORTABLE.

*YOU CANNOT OVER USE THE TEARS – SO SQUIRT AWAY!*

IF YOUR CORNEA DRIES OUT, IT WILL FEEL LIKE SOMETHING IS IN YOUR EYE. IF THE EYE IS DRY FOR A PROLONGED PERIOD OF TIME – IT WILL BECOME RED & EVENTUALLY TEAR IN AN EFFORT TO COMPENSATE FOR THE DRYNESS.

#### OINTMENT

THE SMALLEST DAB OF OINTMENT CAN BE BETTER THAN A DROP BECAUSE IT LASTS LONGER. IF YOU USE TOO MUCH OINTMENT, YOUR VISION WILL BE BLURRY. YOU ONLY NEED A TINY DAB OF OINTMENT INSIDE THE LOWER LID.