

Eyelid Hygiene for Blepharitis and Meibomian Gland Dysfunction

Patient Name: _____

Date of Encounter: _____

The following information explains the procedure which should be used to treat your eyelid disorder. Please follow the instructions in the order in which they appear, and perform them with the frequency indicated at the conclusion of the instruction.

1. **WARM COMPRESSES:** Place a clean washcloth in a basin of warm water, wring out, and apply it to your closed eyes for a total of 5 minutes at each session. As the washcloth cools, place it back in the basin, re-warm, and replace it on your eye, so that a warm washcloth has been on your closed eye for a total of 5 minutes. The water should be warm but not so hot that it burns your skin.

Perform this 2 times daily to:

- Left Eye
- Right Eye
- Both eyes

2. **EYELID SCRUBS:** "Systane" or "Lidcare" antiseptic lidwipes work best. Mild facial soap is diluted (one part mild soap to six parts water) and used to wash your eyelids and eyelid margins. A cotton ball or clean wash cloth should be immersed in the solution and then used to gently clean the closed eyelids, being careful to include the eyelashes and eyelid margins, the areas which require the most thorough cleansing. The eyelid margin is the area where the eyelashes enter the eyelid.) This is preferably done upon awakening and just prior to going to bed at night.

Perform this 2 times daily to:

- Left Eye
- Right Eye
- Both eyes

3. **ARTIFICIAL TEARS:** Lubricating drops should be instilled ___ times daily to both eyes. These are available over the counter at any pharmacy and most grocery stores.

4. **OINTMENT APPLICATION:** The antibiotic ointment should be applied to the eyelid and eyelid margins. (The eyelid margin is the portion of the eyelid from which the eyelashes originate.) Be certain to apply the ointment to the base of the eyelashes.

Perform this 2 times daily to:

- Left Eye
- Right Eye
- Both eyes