

# Optimum Eye Lid Care

By

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The eyelids have several glands (called meibomian glands) inside them. It is important that they function properly in order for your tears to do their job...which is wetting your eye.

If these glands get clogged or do not function properly, you may experience **itching, burning, stinging** or even **watering** of your eyes.

The sebum (the fluid secreted from the lids) should be the consistency of vegetable oil. If it hardens, it becomes more like margarine and cannot exit the glands properly and you may have some or all of the above complaints.

The following is a very simple, but effective way to allow your meibomian glands to function properly.

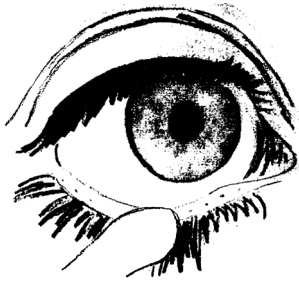
## **Warm Compresses and Lid Massage**

By placing moist heat over the eyes, this allows any hardened gland material to soften. (Just as if you were melting butter.)

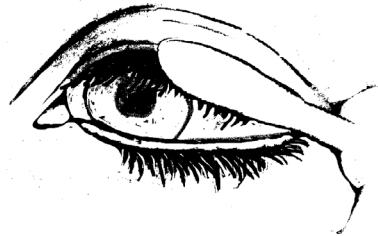
### **Instructions:**

- We recommend prolonged heat. A hot washcloth doesn't stay hot enough for long enough. We have special masks available for purchase that can be microwaved. These stay hot for 10-15 minutes – the longer, the better.
- Open your eyes and gently rub around the eyelids in a circular manner, pressing towards the Meibomian gland openings as if to press some gland fluid out. Try not to press too hard on the eyeball itself.
- After performing warm compresses and massage, take a damp Q-tip (initially wet it under the tap and squeeze out the excess in between your fingers), place 1-2 drops of the recommended eyelid soap on it and again squeeze out any excess in between your fingers. The idea is to NOT have soap dripping off the Q-tip but a diluted version on it.
  - Recommended Eyelid soap: Ocusoft Lid Scrub (plus) foam or pre-moistened scrubbing pad

- Place the Q-tip on your *lower lid margin where the eyelashes come out* and rub it back and forth lightly 2-3 times. (Ladies, this is as if you are applying eyeliner behind the eyelashes, rather than in front).



- On the upper lids, close the eye and rub above the lashes. If you attempt under the lashes to get the upper lid gland openings, there is a good possibility that you may poke yourself in the eye.



- **DO IT GENTLY!** You do not want to rub the skin raw. Depending on your condition and its severity, your doctor may recommend that you rinse thoroughly or leave it on. Dr. Scott's preference for most is leaving it on the eye to dry. Always ask questions if you are unsure.

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Add this simple, but effective, routine at the same time you brush your teeth and your symptoms should gradually disappear.

**Initially do twice a day**, morning and evening with all make-up removed. **As symptoms disappear, it can be reduced to evening only.**

Please call our office at 282-2273 or email me personally at [drscott@battlegroundeye.com](mailto:drscott@battlegroundeye.com) with any questions.