

Lid Hygiene Instructions

Twice a day place a wet warm washcloth over the closed eyelids for five minutes. Re-wet the cloth as it cools. This will soften and loosen scales and debris and liquefy oily secretions from the eyelids' glands. Then wash the edges of your eyelids (where the lashes are) with either of:

- Lid Care (a commercial preparation) or
- A mixture of five drops of baby shampoo in one cup of warm water. Make it fresh each time.

Use a Q-tip, edge of a facecloth, or lint free pad and gently scrub at the base of the eyelashes on the upper and lower lids and in the corners. Rinse with water and gently pat dry. Continue for a minimum of 8 to 10 weeks, more if necessary. Many patients need to continue indefinitely. Exacerbations or recalcitrant cases may also require the use of antibiotics.

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