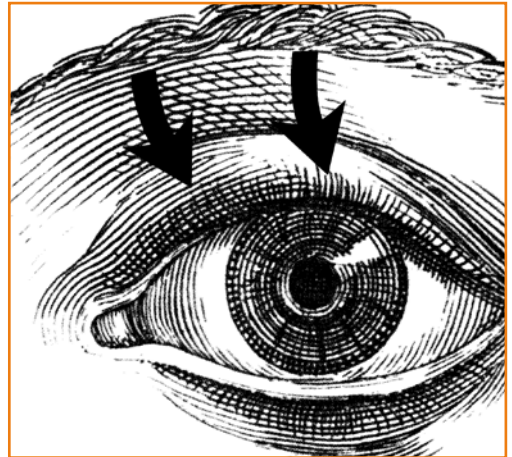


LID EXPRESSION - HOME THERAPY

The natural oil secreted from your eyelids, necessary for a healthy tear film, is compromised. This procedure, called “lid expressions”, will rectify this. Styes, gritty, irritated eyes, contact lens problems and other eye irritations may be caused by the bacteria present in these oil glands.

PROCEDURE:

1. Use a small, clean wash cloth.
2. Rinse the cloth with warm tap water
3. Gently massage the upper and lower lids with the warm cloth for 30 seconds. If applicable, make certain your contact lenses are removed.
4. Run the cloth under warm water again.
5. Gently massage the lids again for 30 seconds as in step 3. Since the oil in your eyelid gland is waxy, it needs to be warmed up and softened to aid the procedure.
6. Express the upper lids: Gently press the upper lid against the eyeball with your fingers and massage the lid from the top down. Make sure your eyes are closed. Start from the side closest to the nose and move out towards the side closest to the ears.
7. Rinse out the cloth under warm water. Gently massage the eyes again.



8. Express the lower lids: Gently press the lower lid against the eyeball and massage the lid from the bottom up with the eyes closed. Work from the side closest to the nose towards the ears.
9. Remember to be effective, lid expressions must be done at least twice a day. Continue for the prescribed period.