

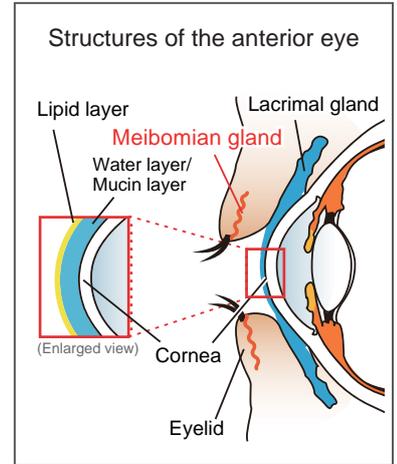


Care you can perform at home! Simple eyelid care

— Lid Hygiene Edition —

What is meibomian gland dysfunction (MGD)?

The tear film is divided into an oily layer and a liquid layer with a mixture of water and mucin. The meibomian glands in the eyelids primarily secrete lipids that prevent tears from evaporating. If the functioning of the meibomian glands diminishes, then the lipids degrade, resulting in cloudy meibum that ultimately yellows and hardens. These solidified lipids block the orifices of the meibomian glands, leading to subjective symptoms such as eye discomfort and dryness. Research has shown that about 80% of dry eye is caused by insufficient lipid production due to MGD.



Lid hygiene

Lid hygiene involves gently wiping around the base of the eyelashes with your finger. This clears the meibomian glands and helps them to express lipids. Removing hardened lipids and keratinized debris that are blocking the orifices of the meibomian glands will reduce bacteria around those glands. Keeping your eyelids clean helps to alleviate and prevent MGD and blepharitis.

Performing lid hygiene

A commercial liquid or foam cleanser or cotton pads can be used to perform lid hygiene.

Preparations

- Wash your hands
- Completely remove any eye makeup
- * Applying a warm compress first and then perform lid hygiene will lead to even better results.

Liquid cleanser Foam



1 Squirt an adequate amount of liquid or foam cleanser into your palm.



2 Spread the cleanser around your eyelids and gently rub the cleanser in a circular motion to remove debris from the base of the eyelashes.



3 Rub from side to side to clean between the eyelashes.



4 Rinse with water or warm water.

Note

Do not forcefully rub around your eyes; instead, rub gently and carefully.

Cotton pads



1 Wrap a cotton pad around the tip of your finger.



2 While lifting your upper eyelid, wipe the base of the eyelashes clean in an upward motion.



3 Turn the cotton pad over and wrap it around the tip of your finger.



4 While gently pulling your lower eyelid down, wipe the margins of the eyelid clean.

Note

- Do not forcefully scrub your eyelids
- Be careful not to damage the globe of the eye (your eyeball)



If you are worried about small particles of makeup remaining, gently remove them using a cotton swab.

Make lid hygiene a regular habit, like brushing your teeth

- Start out by performing lid hygiene twice a day. Once your symptoms improve, continue performing lid hygiene once a day.
- For certain symptoms, lid hygiene must be performed in conjunction treatment, so consult your physician.