



Care you can perform at home! Simple eyelid care

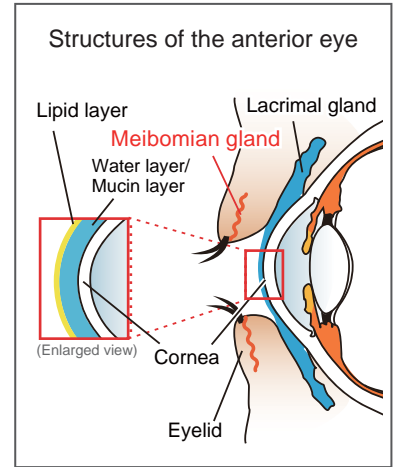
— Warm Compress Edition —

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.

A warm compress

A “warm compress” is used to warm the eyelids, to dissolve hardened lipids blocking the orifices of the meibomian glands, and to improve bloodflow in the eyelids. In fact, research has shown that the temperature inside the eyelids is 2 degrees lower in patients with MGD than it is in normal people.



Applying a warm compress

A commercial heated eyemask or a hot towel can be used as a warm compress.

A heated eyemask (Azuki-no-Chikara)



1 Heat the Azuki-no-Chikara in a 600-W microwave oven for 30 seconds.



2 Once the wording “Danger” disappears, lie down on a sofa or bed and place the eyemask over your eyelids.



3 Leave the eyemask in place for 5 minutes and relax.

5 min

A hot towel



1 Wet a towel and then wring it out. Heat the towel in a 500-W microwave oven for 30 seconds.



2 Once the towel has cooled slightly, lie down on a sofa or bed and place the towel over your eyelids.



3 Leave the towel in place for up to 3 minutes and relax.

3 min



Do not press on your eyelids while sitting



Pressing on your eyeballs is not good for your ocular health.



Don't leave a towel on for more than 3 minutes



After 5 minutes, a towel that was hot will quickly cool. Any lipids in your meibomian glands that may have dissolved will harden back again, so be sure to remove the towel before it cools.

Apply a warm compress for 5 minutes, twice a day (once in the morning, once in the evening). Continue to apply a warm compress daily and relax while the compress is in place.

- If you do not have time to apply the compress in the morning, you can apply it just once at night.
- If you have allergic conjunctivitis, a warm compress can make your eyes itch, so consult your physician before application.