



INSTRUCTIONS FOR LID HYGIENE

Lid Hygiene

This is a simple way to alleviate the problems of seborrheic blepharitis, chronic conjunctivitis and chalazion. It represents an attack on the accumulated oil secretions of the lid glands. The normal secretions are released through small pores in front of the lashes of the eyelid. In some people, these secretions accumulate and lead to many different problems. The key to treating all of these problems is to clear the lid margins of these built up secretions. Lid hygiene is the means to achieve this end.

Warm Saline Soaks

One-half teaspoon of table salt, with one quart of warm water will give a saline solution (salt water) that is equal to that in the normal body fluids. This salt water should be warm to hot, but be careful not to make it too hot, since the skin of the eyelids is the thinnest in the body and is very easily burned. Use sterile cotton balls soaked in the salt water solution that has been slightly wrung. Place one on the eye with the lids closed and let it remain until it cools. Replace with fresh warm cotton balls and continue this for ten minutes. This will dissolve the secretions, help sooth burning eyes, and decrease the redness of the lids.

Cleaning the Lashes

Using Q-tip moistened with warm to hot salt water, the lashes are gently brushed from the base toward the ends of the lashes. In the upper lid, this is easy since the eye can remain closed. In the lower lid it is more difficult and requires extra care. Pull down the lower lid so as to avoid brushing the Q-tip against the cornea. The lashes should be cleansed twice a day for the first week.