

## Eye Lid Hygiene for Meibomian Gland Dysfunction Quick Reference Guide for Patients

### Hot compresses and massage:

- Wash your hands for 20 seconds.
- Warm compresses for 10 mins either with a hot flannel / face cloth soaked in boiled (cooled) water, or with a proprietary commercially available eye lid warming device or mask. Examples include:
  - EyeBag MGDRx®
  - Optase Moist Heat Mask©
  - Hot Eye Compress ®
  - Warming Eye Mask ®
  - Steam Eye Mask etc
- Gently massage the upper and lower eye lids with the ring finger moving in a circular motion, to liquify the oils.
- Gently express the oils out of the glands by rolling a cotton wool bud towards the eyelid margin and the lashes.
  - downwards for the upper lid.
  - upwards for the lower lid.
  - be sure to perform expression along the full length of both upper and lower lids.

### Cleaning:

- Prepare a cleaning solution with either one of the following:
  - Bicarbonate of soda 1 teaspoon in 1 pint of boiled cooled water.
  - One drop tea tree oil 1 cup of boiled cooled water.
- Dip a cotton wool bud into the cleaning solution.
- Gently clean eyelid margin just behind the roots of the lashes.
- Use a clean cotton wool bud for each eye lid.
- Alternatively, you can use commercially available lid wipes purchased from the chemist, high street optician, or online web equivalent. Examples include:
  - Optase lid wipes
  - Blephaclean
  - Lid Care wipes
  - Ocusoft plus lid wipes

**NB Do not use baby shampoo because it breaks down the outer oily layer of the tear film and worsens disease. It is also perfumed and is irritant.**

### Lubricants and ointments:

- As prescribed by your doctor.

### Other over-the-counter preparations and devices:

- Liposomal sprays such as: Actimist, Optase eye spray, Blink refreshing eye mist.
- Eye drops such as: Systane Balance (Lipitech system), Optive Plus, Optimel
- Cool mist humidifiers, air purifiers.

### Life style changes:

- Consider nutritional supplements such as flaxseed oil with omega 3, mega 7 (sea buckthorn oil), Vitamins D and C.
- Avoid smoky or air conditioning environments.
- Protective goggles or wrap around glasses in windy conditions.