

Dry eye syndrome is a condition where eyes do not produce enough tears, or the tears produced evaporate too quickly. This can lead to eyes becoming dry, gritty and inflamed. Dry eye syndrome is not normally serious. However, there are some rare cases where severe untreated dry eye syndrome has caused visual impairment and scarring of the eyes' surface. Symptoms of dry eye syndrome may include the following:

- Feelings of dryness, grittiness or soreness in both eyes, which get worse throughout the day.
- Red eyes.
- Eyes which water especially when exposed to wind.
- Eyelids which stick together on waking.
- Transient blurring of vision.
- Light sensitivity.

Warm Compresses, Lid Massage and Lid Scrub

If you are diagnosed with meibomian gland dysfunction, follow the steps below daily before bedtime and in the morning, or as directed by your doctor. Warm Compresses, Lid Massage, Lid Scrub are used to open up the oil glands in the lid margin and restore normal flow of oil, which will prevent tears from evaporating too quickly.

1. Wash Hands
2. Soak a washcloth in warm water and wring out excess water. Caution: make sure water is not too hot avoid burning lids, eyes or face.
3. Close eyes and put the warm washcloth on eyelids for 30-60sec, remove, re-soak in warm water and repeat until you get 5-10mins treatment.
4. Now that the hardened oil glands are in liquid form, massage your upper lids, in downward circular motion, and your lower eyelids, in upward circular motion, as instructed. For upper lids, look down while you do the massaging. And for lower lids, look up. Use your clean finger to make a circular motion and push in on the oil glands along the lid margin directly over the lashes, both in the center and the sides of all four lids
5. Wipe the lid margin to remove excess oil. We recommend using baby shampoo or eyelid cleanser with cloth pads that allow you to clean your lid with a good scrub. Example: OcuSOFT Lid Scrub Original or PLUS



We recommend a follow up examination 2-4 weeks after you started the treatment to see how you are doing.