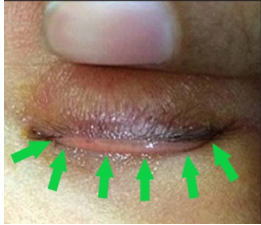


TREATMENT FOR MEIBOMIAN GLAND DYSFUNCTION OR EVAPORATIVE DRY EYE

Eye lid scrub: If possible, perform this step first to remove any blockages from the glands.

Foam: (lasts 1+ years) Dispense one pump of Ocusoft Lid Scrub foam on to a wash cloth, cotton ball or sponge.

Wipes: (use one wipe on both eyes) wrap the wipe around the tip of your finger and clean the waterline. Turn over to other side for second eye.



Scrub the eyelid margins (area indicated by green arrows) and lashes with lid soap. If using Ocusoft Plus, rinsing is not required. Ocusoft Original requires rinsing with clean warm water.



Warm Compresses: DO NOT USE A WARM WASHCLOTH

The penetration needed to warm the glands requires a minimum of **5 continuous minutes of moist heat** per treatment to be effective. For severe cases, re-warming the compress and repeating up to 3 rounds in succession can be more beneficial than doing 3 single rounds. Beaded implements such as an **eye mask** or a clean **sock filled with dry rice** are beneficial because they conform to the contour of the eyelid and address the corners of the eye where glands are often the most impacted. Remember: Doing SOMETHING is better than nothing so if once a day is all you can manage, that is better than not doing it at all.



Eye lid massage/gland expression:

Look away from the lid that you are expressing (look down if you are working on upper eyelid, and look up for lower eyelid). Place the pad of your forefinger at the edge of the lid margin where the eyelashes meet the eyelid. Apply constant pressure so that the eyelid is pressed between the finger and the white of the eye. Hold the pressure for five (5) seconds and then move to the next section of the eyelid and press. You should be able to press in 4 – 5 places along either eyelid. Be careful not to roll the eyelid out or in or push upward on the eyelid as this will not produce the type of pressure necessary to clear the glands.



TIPS:

1. Perform lid scrubs daily as part of your hygiene routine going forward.
2. Warm compresses and lid massage should be performed frequently until lid expression no longer causes blurry vision or tenderness.
3. If you are unable to perform all tasks, please do the eyelid expression-which is the most important step and can be done any time or place throughout the day.

Note: Symptoms such as fluctuating vision, watery eyes, dry sensation, lid tenderness and irritation will be improved when the gland secretions are restored to a thin clear consistency which can take several years depending on how consistently treatment is performed, how many years or decades blockage has been accumulating and how much gland atrophy has occurred.

Visit www.thefamilyvisioncenter.com/Resources/Instructions for instructional videos.