

Warm Compress

With clean hands washed with soap for 20 seconds, you need to place a washcloth under warm water being careful not to burn yourself. Test the cloth on your wrist, then place it on your eyes for 1 to 2 minutes at a time. This needs to be done twice daily. Morning & night is best so you have more time & it becomes routine. Three times daily would be ideal.

With eyes closed try to massage upper & lower lids 1 – 2 times per day following warm compress. Do this horizontally from nasal to outside edge, particularly in centre & nasal thirds. Do this for 30 – 60 seconds. Be very gentle with upper lids closed. Consistency is the key to success. If lid scrub is recommended just combine these two steps using the pre-moistened pad instead of your fingers.