

Lid hygiene and massage

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The eyelids have several tear glands. It is important that they function properly to wet your eye. If the glands get clogged or do not function properly, you may experience burning, stinging or even watering of your eyes. The meibum (the fluid secreted from the Meibomian glands) should be the consistency of vegetable oil. If it hardens, it becomes more like margarine and cannot exit the glands properly. By placing moist heat over the eyes, the hardened gland material softens. (Just as if you were melting butter)

Lid massage with warm washcloth (Can also be done in shower)

1. Use a small, clean washcloth
2. Rinse the cloth with warm water
3. Gently massage the upper and lower lids for 30 seconds
4. Rinse the cloth again with warm water
5. Repeat massage; the oil in the glands can be waxy and needs to be warmed up before it can come out.

Lid expression

1. Follow steps for lid massage as above.
2. Close your eyes
3. Gently press the lower lid in. Try to squeeze the oil upwards with a rolling motion.
4. Start with the side closest to the nose and move out towards the ears
5. *You want to squeeze the oil out of the glands shown in the picture below*
6. Repeat with upper lid; try to squeeze the oil downwards with a rolling motion.

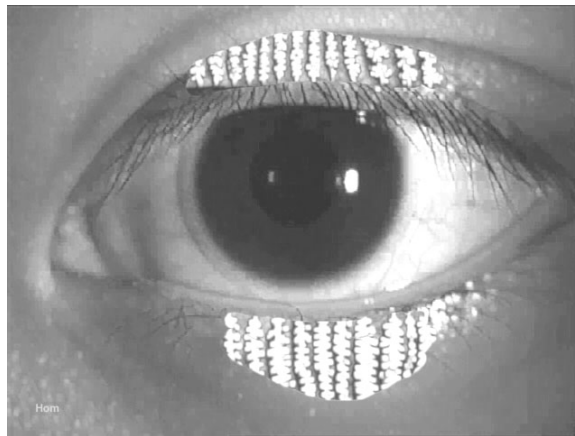


Image by Milton M. Hom, OD, FAAO., not for publication

Lid massage with rice and sock

1. Measure about one cup of *uncooked* white rice (or flaxseed) and pour it into a clean sock.
2. Sock should be long enough to create a surface area of at minimum six inches when a knot is tied in the end.
3. Microwave the *uncooked* rice and sock for about 30 seconds (microwave times may vary).
4. Option: place a wet sterile gauze between the sock and eye for moist heat.
5. Gently massage the upper and lower lids for 30 seconds
6. Re-warm the sock and repeat
7. Optional step: Gently press the upper and lower lids with a circular motion to squeeze the oil out of the glands (just like Lid expression above; only done with the sock)

Remember: the above procedures must be done at least twice a day to be effective. (6/2006)