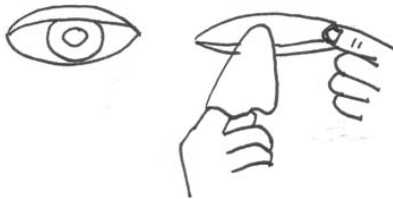


Blepharitis, Meibomian Gland Dysfunction, and Rosacea Treatment

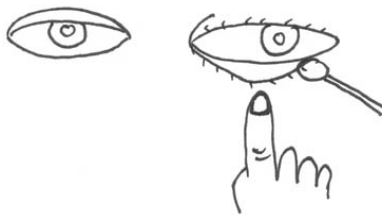
Nicholas P. Marisco, MD

Complete steps 1, 2, 3 entirely for one eye before beginning on the second eye.

- 1. Warm compress** – Apply a hot washcloth to the closed eye for 5 minutes. Better yet, place a sock filled with uncooked rice in the microwave for 30 seconds. Use this for the hot compress.
- 2. Lid massage** – With one index finger, gently stretch the outer corner of the eye towards the ear. With the opposite index finger firmly massage the upper lid from the inner corner, across the lid to the outer corner. Repeat this massage several times, always starting from the inner corner across the lid to the outer corner. Proceed with massage of the lower lid in the same manner.



- 3. Lid Scrubs** – Mix a small amount of baby shampoo with warm water. Next, moisten a cotton swab (Q-tip) with the soapy water. Use the moistened tip to gently scrub the upper and lower eyelid margins **at the base of the eyelashes**. Be careful not to poke yourself in the eye and do not scrub the undersurface (inside) of the eyelids. Lastly, gently rinse the closed eye with clean water.



- 4. Repeat the above steps for the opposite eye.** If Instructed to do so, instill antibiotic ointment into the eyes upon completion of the above measures.