

## Visionary Eye Associates

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### Lid Hygiene / Warm Compresses

You have been diagnosed with:

- Blepharitis – Chronic condition in which the eyelid margins are inflamed.
- Meibomian Gland Dysfunction – Failure of the meibomian glands (located at the eyelid margin) to produce or secrete oil.
- Dry eyes (keratitis sicca)

These may lead to dry eye symptoms such as excessive tearing, foreign body sensation, sandy/gritty feeling, and intermittent blurriness.

Lid therapy is a simple and effective home remedy used to treat meibomian gland dysfunction and/or blepharitis.

The goals of lid therapy are:

1. To improve the quality of your tears.
2. To reduce or eliminate your dry eye symptoms.

Basic steps:

1. Wash your hands thoroughly with soap and water.
2. Wet a clean washcloth with very warm water from the faucet (not so hot that you cannot put in on the eyelids, but not just lukewarm) and wring it out.
3. Place the washcloth on the eyelids (with the eyes shut) for 1-2 minutes.
4. Massage the lids to express the glands and improve flow of meibum (oil) into the tear film.
5. The cloth may be reheated as it cools.
6. Continue indefinitely \_\_\_\_\_ time(s) per day

Artificial tear use:

1. Instill 1 drop of \_\_\_\_\_ into the eyes.
2. Repeat \_\_\_\_\_ time(s) per day or as needed.

Lifestyle changes:

1. Increase intake of omega-3's from either supplementation (e.g., fish oil capsules with DHA + EPA = >500 mg) and/or dietary intake: chia seeds, cold water oily fish (e.g., salmon and tuna) and certain nuts (e.g., walnuts).
2. Limit caffeine intake.
3. Increase water consumption.

Please call our office at 585-271-2990 (Brighton) or 585-671-3300 (Webster) if you have any questions. Thank You.

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