

LID HYGIENE

THE PURPOSE OF LID HYGIENE IS TO SOFTEN CRUSTS
AND LOOSEN OIL AND DEBRIS THAT CAUSE INFECTION.

START THIS 2 –3 WEEKS PRIOR TO SURGERY

WARM COMPRESSES – DO THIS TWICE DAILY

Use a dry microwaveable heat pack. Wrap in a paper towel and heat for 10 seconds. Repeat until the pack is moderately heated. Place heated pack over closed eyelids for 5 – 10 minutes.

(Be careful NOT to overheat to avoid burns)

LID SCRUBS –DO THIS EVERY OTHER DAY

Use a washcloth and dip it in Johnson’s Baby Shampoo.

Cleanse your whole face with this. Since the shampoo is mild, and should not irritate your eyes, gently scrub your closed eyelids and eyelashes.

Rinse thoroughly with warm water.

TEARS –DO THIS EVERY 2 –3 HOURS WHILE AWAKE

Dr Batchelet has requested that you purchase and use over the counter PRESERVATIVE FREE artificial tears. These come in the vials.