**Daily Treatment for Meibomian Gland Dysfunction and Blepharitis:**

(All with eyes closed)

For 5-15 minutes**, hold** a warm washcloth over your closed eyes. Keep the washcloth warm during this time. We have goggles that will stay warm for about 12 minutes.

With your finger at the eye lid margin, **push** for 5 seconds in each area all along upper and lower eye lids. There might be 5-6 positions along the upper lids and 4-5 positions along the lower eye lids. The push should be toward the eyeball.

Put a solution of ½ baby shampoo and ½ water (pre-mix this in a bottle) on the clean wash cloth. **Scrub** all along the eye lashes, remembering to scrub the inside and outside corners.

(As an alternative to the baby shampoo solution, you may scrub with premoistened towelettes by Ocusoft from the grocery store. You still need to use the moist washcloth or goggles and you still need to push all along the upper and lower eyelids.)

**Rinse** your eyelids.

Pat eyelids **dry** with a clean towel.

These tend to be chronic conditions that need to be treated daily.