



WARM COMPRESSES

Meibomian Gland Dysfunction occurs when the eyelid glands get clogged with thick oils. Warm compresses help to melt the oils within the glands and release them into the tear film. These oils keep the tears from evaporating too quickly causing dry eyes.

Instructions:

Wash your hands with warm water and soap.
Microwave compress mask for ~20 seconds.
Test mask temperature with your fingers. If it feels too hot, wait one minute then test again.
Apply mask to eyelids for 10 minutes.
Remove mask, gently massage upper and lower eyelids.
Repeat once or twice daily.

Note that 10 minutes of continuous heat is necessary to reach a therapeutic goal.