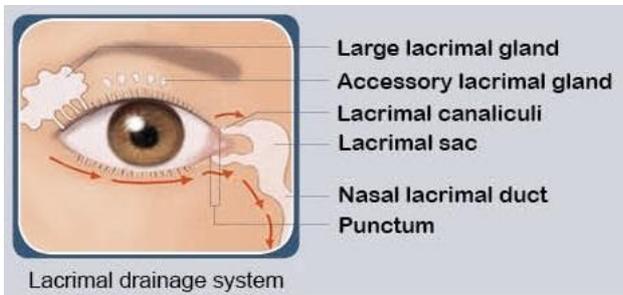


# Eyelid Hygiene Advice

## Medication Information Leaflet



Maintaining good eyelid hygiene helps to control the symptoms and severity of inflammation of the eyelids and dry eyes. Thorough eyelid cleansing will help remove debris, crust and discharges from the lid margin. You can relieve the irritation by following the steps below:

Instructions	Pictures
1. Wash your hands with soap and water.	
2. Fold the cotton linen into a small rectangle.	
3. Apply a small amount of eyelid cleanser on the cotton linen.	
4. Close your eyes gently. Eyelid margins will not be prominent if you squeeze your eyes.	

<p>5. Upper eyelid: Use your finger to gently lift the upper eyelid so that the margin is visible. Holding a cotton linen in another hand, scrub several times along the eyelid margin where the eye lash meets the skin.</p>	
<p>6. Lower eyelid: Use your finger to gently pull the lower eyelid so that the margin is visible. Holding a cotton linen in another hand, scrub several times along the eyelid margin where the eye lash meets the skin.</p>	
<p>7. Rinse under the tap water or use a damp face towel to clean away the eyelid cleanser especially at the eye lashes region.</p>	

## Warm Compress

Applying warm compress can help to loosen the debris or crusts on the lashes, allowing for easier removal with the eyelid cleanser.



Steps:

1. Use a clean towel or cotton pad soaked in warm water.
2. Close your eyes and apply a warm compress to your eyelids for 5 minutes.
3. Repeat the warm compress when necessary.

**Do not use lid cleanser if:**

- You are allergic to any of the ingredients listed in the product leaflet.
- Swelling of eyelids, excessive itchiness or irritation occurs after the use of the products.

### Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

*Last updated on December 2019*