

### STEP 1

Wash your hands.

### STEP 2

Soak a clean facecloth in warm water. With your eyes closed, hold it over your eyes for five minutes. Be sure to note which portion of the facecloth is being used on each eye, as to prevent cross-contamination.

**OR**

Stand under the running water in your shower, with your eyes closed.

### STEP 3

Re-wet the facecloth (or wet a new facecloth), and gently massage your eyelids, with your eyes closed.

### STEP 4

Wash from the inside corner of your eye towards the outside corner. Using a cotton ball, or a quilted cotton pad, clean your (closed) eyelids using:

Diluted baby shampoo (such as: Johnson's<sup>®</sup>). Dilute the baby shampoo with an equal volume of warm water.

**OR**

An over-the-counter eyelid cleaner (such as: LidCare<sup>®</sup> or TheraLid<sup>®</sup>) – following the instructions that came with the product.

With your eyes closed, rinse product off with warm water.

### STEP 5

If instructed, apply ointment to your eyelids after cleaning, or when directed.

- Clean your hands.
- Apply a small amount of ointment to your finger or a cotton swab.
- Close your eyes.
- Rub the ointment along your eyelids.

Repeat the cleaning steps morning and night, or as instructed.