

Blepharitis eyelid cleaning instructions

Directions for a **Warm Soak of the Eyelids:**

1. Wash your hands thoroughly.
2. Moisten a clean facecloth with warm water.
3. Ask your child to close their eyes and place the facecloth on their eyelids for about 5 minutes, reheating it as necessary.
4. Repeat 2-3 times daily.

Directions for an **Eyelid Scrub:**

1. Wash your hands thoroughly.
2. Place a small amount of commercially prepared lid scrub solution such as Navibleph (available at Dischem) onto a cotton ball.
3. Ask your child to close their eyes and use the cotton ball to rub the solution back and forth across the eyelashes and the edge of the closed eyelid.
4. Leave for 60 seconds.
5. Rinse with clean water.
6. This should be performed 2-3 times daily.

