

**St. Teresa's Hospital
Eye Centre**

**Patient Information
Lid Hygiene**

1. Wash the hands with soap.
2. Close the eyes and place hot towel on the eyelids. Hot compress for 10 minutes.
3. Pull down the lower eyelids with hands. Clean the lid margin from inner side by cotton wool soaked with warm water. One cotton wool for once time only.
4. Hold the upper eyelid upwards. Repeat step 3.
5. Follow doctor's prescription if eye drop or ointment is needed.
6. Clean the lid margin 3-4 times per day.
7. Continue to clean the lid margin once per day even if condition improved

