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## **Warm Compresses and Lid Massage**

Warm Compress and Lid Massage is useful for relieving Blepharitis, Chalazions, Hordeolums, and Meibomian Gland Dysfunction. Warm Compresses and Lid Massage are used to open up the oil glands in the lid margin and restore normal flow of oil. Below are the steps to perform Warm Compresses and Lid Massage. Perform these steps before bed time, in the morning, or as directed by your Eye Care Professional.

1. Wash Hands
2. Soak a washcloth in warm water (hotter than body temperature) and wring out excess water. Caution: make sure water is not too hot avoid burning lids or face.
3. Close eyes and put the warm washcloth on eyelids.
4. Lower Lid: Look up and use your finger through the cloth to make a circular motion and push in on the oil glands along the lid margin directly over the lashes in the center and the sides.
5. Upper Lid: Close your eyes and repeat step 5.
6. As cloth cools, reheat with warm water. Repeat for 1 minute for each eyelid.
7. Wipe the lid margin to remove excess oil