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Eyelid Massage

During your examination today, the doctor found excess oil in the oil-secreting glands of your eyelids. Too much oil disrupts the normal function of the tear film, and excess oil can become hardened and back up in the glands, causing additional dry eye problems as well as possible chronically plugged, enlarged glands (chalazion). Massage of the eyelids helps restore a normal flow of oil and will help prevent backing up of the glands.

1. Use a clean washcloth folded in half.
 2. Use warm, not hot, water. Allow the tap to run for 2 minutes. Do not use still-standing water, which may have sediment from the pipes. You do not need to use distilled or purified drinking water.
 3. Soak the folded edge of the washcloth in the warm water and wring out the excess. Then close your eyes and lay the washcloth on your eyelids for approximately 30 seconds. Then resoak the cloth to maintain the warmth. Do this soaking for approximately 2 minutes.
 4. After soaking with the cloth, massage the upper eyelids with the edge of the cloth while your eyes are closed. When doing the lower eyelids, look up slightly before beginning the massage. When massaging, go from side to side with the cloth, with each back and forth motion counting as one time. Massage both lower and upper eyelids approximately 20 times each. Avoid the center part of your eye or any other part while your eyes are open.
 5. Massage your eyelids twice a day or as directed:
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6. Use artificial tears as recommended:
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Please contact us if you have any questions or problems.

Your Follow-up Visit

Date: _____

Dr.: _____

Time: _____

Phone: _____

