



EYELID SCRUB TECHNIQUES

Purpose: To clean the margin of the eyelids to allow for free-flowing oil glands and reduced bacterial growth.

1. Use pre-packaged eyelid scrubs or warm saline solution. In a facility setting, a single bottle of saline can be used by pouring individual amounts into separate disposable cups to be used individually for each patient. (If using pre-packaged scrubs skip to step 3.)
2. Thoroughly wet a new Q-tip or cotton-ball, or a clean washcloth with the warm saline solution.
3. Pull down on the lower eyelid to make access to the lid margin easier. With the Q-tip, cotton-ball, washcloth, or pre-packaged scrub, scrub the lower eyelid margin and lashes. Concentrate on any areas of lid redness and flaking for up to 30 seconds. Re-moisten the implement as necessary. Dispose of cotton-ball or Q-tip as needed if it becomes excessively soiled.
4. Repeat this process for the upper eyelid (pulling up to make access to the upper lid margin easier) using a clean Q-tip or cotton-ball. A clean area of the washcloth or clean area of the pre-packaged scrub must be used. This procedure should be performed on both eyes on the upper and lower eyelid margins and lashes. Remember to keep the scrubbing mechanism moist and concentrate on any areas of eyelid redness or flaking.
5. Use a new cotton-ball or Q-tip for each eye.

This procedure should be performed in the AM / PM every day for _____ days or indefinitely as eyelid maintenance.

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