

Place a warm compress (eg a face-washer or make-up pad soaked in warm water) onto the eyelids (with eyes closed). Keep the warm compress in contact with the eyelids for 2 to 5 minutes to soften the crusts.

Follow this with gentle scrubbing of the eyelid margin with:

- tea tree oil (melaleuca oil) solution (1 teaspoon of 100% tea tree oil in 100 mL of freshly boiled and cooled water) OR
- sodium bicarbonate solution (1 teaspoon in 500 mL of freshly boiled and cooled water) OR
- baby shampoo solution (5 drops in 100 mL of freshly boiled and cooled water) OR
- commercially available eyelid solution or wipes.

Repeat these steps twice a day.

Prepare a fresh solution each day.

Doctor's contact details: