

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 body of the eyelid with
  - 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.
- gentle massage of the eyelid with a clean finger.

Repeat these steps twice a day.

Prepare a fresh solution each day.

Doctor's contact details: