**Warm Compresses and Lid Massage:**

**Applying warm compress:**

1. Heat a clean wash cloth with very warm water. Wring out excess water and place cloth over closed eyelids for 5 minutes. It may be necessary to reheat cloth to maintain an appropriate temperature. (Commercial masks that can be heated are also available and can often provide more consistent heat).
2. If cleansing of the lid margin is prescribed, it is best to do this immediately after applying a warm compress as oily debris and crust along the lid margin will be easier to remove at that time. Use either commercially available “lid scrubs”, sterilids or a 50/50 mixture of baby shampoo and water to gently cleanse the lids. Several horizontal strokes with light even pressure should be sufficient. Rinse the cleansing product with warm water.

**Lid Massage:**

1. Following a warm compress, lid massage may be required. If a blocked gland is present gently massage the tissue between your fingers applying light pressure. It is possible that the gland may open and cloud your vision momentarily. Never forcibly squeeze a blocked gland as this may cause damage to the lid tissue.
2. Repeat this process 2-3 times a day to improve gland function and stimulate the return to normal size if enlarged.

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The UHC Vision Clinic is available to students, student’s spouses/partners, faculty/staff, and dependents. It offers the full range of optometric care as well as a large retail inventory of frames and lenses.

**Appointments are necessary and can be made online (students) or by phone.**

Call 706-542-5617 or visit [http://www.uhs.uga.edu/services/vision_clinic.html](http://www.uhs.uga.edu/services/vision_clinic.html)