



Leaders in Eye Care

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Lid Scrub Instructions

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Your doctor has diagnosed an eyelid condition that requires the following treatment plan. Please follow these instructions as written to assure the best results.

1. Purchase pre-moistened eyelid cleaner pads (exp. "OcuSoft") at your local pharmacy, grocery store or general products store. These are over-the-counter eyelid cleaners and do not require a prescription.
2. Hold a wash cloth under hot/warm water from a sink faucet, the tub faucet or a shower head. The cloth should be hot, but not hot enough to burn. Wrap the wash cloth around both index fingers, close your eyes and hold the hot/warm wash cloth on your eyelids. Keep the hot/warm wash cloth in contact with your lids for 8-10 seconds.
3. Repeat #2 nine or ten times. This will heat your lids and open the pores around your eyelashes.
4. Close your eyes and gently wipe your eye lashes and where your eye lashes grow from your eye lids with the eyelid cleaner pad. Rub the pad across this area for 10 seconds to remove any crusting or debris.
5. Rinse your eyelids/eyelashes with warm water - cup your hands under the faucet, fill with water and rinse your eyelids. Rinse 3-4 times.

_____ If checked, your doctor has added prescription AzaSite ophthalmic drops to your treatment plan. In #4 above, add one drop of AzaSite to one side of the eyelid cleaner pad prior to wiping the eye lashes on the first eye and another drop of AzaSite to the other side of the cleaner pad prior to wiping the eye lashes on the second eye. Your doctor will advise you as to how long you are to use the AzaSite with the eyelid cleaner pad.

Use **AzaSite** drops with your eyelid cleaner pads for _____ days.

Your lid hygiene treatment plan:

_____ Twice per day for two weeks, then once per day, 3-4 time per week.

_____ Other: _____