

## Hot Compresses

Hot compresses are safe and comfortable and can be used for daily lid warming. This heat therapy is used for relief of symptoms associated with Blepharitis, Dry Eye Disease and Meibomian Gland Disease (MGD) to melt meibum/lipid blockages.

**Directions:** Microwave the moist heat eye compress for 20 seconds. The mask has specialized beads that absorb water from the air and stores this inside the beads. When microwaved, the absorbed water is released as moist heat. (To keep the mask clean, place on a clean microwave safe dish).

Always touch test before placing over eyes, if the mask feels too hot, wait 1-2 minutes before applying.

Place mask over closed eyes. The mask temperature is designed to be at 43' +/- 3'c. The lid warming mask is designed to maintain the prescribed heat level for the treatment.

Apply for 10 minutes over closed eyes. The mask should **not** be applied tightly. Remove the mask.

After treatment, you may experience some blurring in your vision. This is due to your treated gland releasing beneficial fluids. This will clear within a few minutes.

The benefits of this treatment:

- Stimulates glands to produce more oil.
- Prevents tears from evaporating too quickly.

- Increases comfort.