

M.A.B.

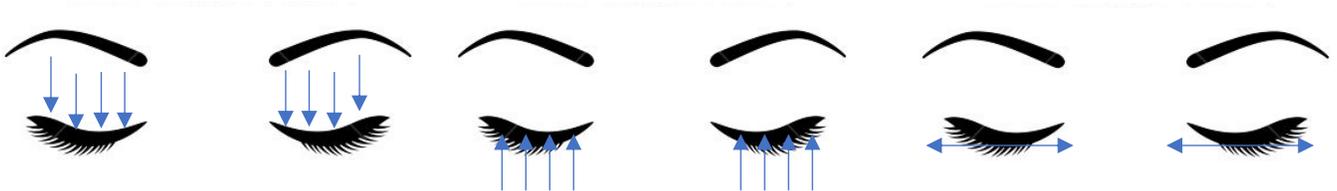
Massage the lids

Lid massage and cleaning is a process that we remember as the **20/20/20 rule**

1. **HEAT** the eyelids - Use a heating mask or a hot compress held over the eyes for 5-10 minutes. Alternatively, this can be done in the shower by simply putting your face in the hot shower water with your eyes closed for about 30 seconds.

2. **MASSAGE** the eyelids - While ensuring your eyes are kept closed, gently pull your fingertips **DOWN** across the top lids toward the lid margins **20 times**, then gently push your fingertips **UP** across the bottom lids toward the lid margins **20 times**.

3. **SCRUB** the eyelashes - Gently scrub back and forth across the lash lines with an eyelid and lash wipe or scrub. Alternatively, while in the shower, gently scrub back and forth across the lash lines **20 times** with your baby fingers.



Artificial tears

While drops alone will not be enough, when combined with blinking and massage, they can supplement additional lubrication. We recommend switching to a **preservative-free artificial tear**, such as Theoloz Duo, Hylo Tears, I-drop Pur,.

Blink fully

When we blink all the way, oil is better secreted from the meibomian glands in the lids to lubricate the ocular surface. Often when we are focused on computer screens, reading, driving, or the television, we tend to only blink half-way or incompletely without realization. It's important to set up cues when doing focused work to ensure you are blinking all the way to better force oil out of the meibomian glands and prevent tears from evaporating from the ocular surface. Cues we often suggest for our patients include:

- Blinking halfway down and at the bottom of your computer screen.
- Blinking halfway down and at the bottom of your page when reading.
- Blinking at red lights and stop signs when driving.
- Blinking at every new commercial on TV or when switching channels.