

## Lid Hygiene Card



1. Wash hands
2. Place a clean warm wet face cloth over closed eyelids for a few minutes to soften any dry secretions
3. Re-wet the face cloth as it cools.
4. Add one drop of baby shampoo to a cup of cool boiled water.
5. Gently clean the base of the eyelashes for about 15seconds per eye using either your clean finger wrapped in a clean facecloth or cotton buds.

*Repeat lid hygiene once or twice daily as recommended.*

If prescribed, apply antibiotic ointment along the lid margin after performing lid hygiene.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Review 2016*

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