

# PRIOR TO EYE SURGERY OR INTRAVITREAL INJECTION

## INSTRUCTIONS FOR CLEANING LIDS AND LASHES

**Always wash your hands first.**

### 1. MOIST HEAT

Take a clean face cloth, moisten with hot water (as hot as you can safely handle) wring out and hold over your eyes allowing the steam to soothe and soften any debris on your lids. You may need to repeat this a few times.

### 2. LID MASSAGE

After applying the moist heat, massage the eye lids by using your index finger and firmly massage the upper lid downwards towards the lashes. Repeat on the lower lid massaging upwards towards the lashes. Do this for about 30 seconds on each eyelid. This encourages the oils in the lid glands to discharge, keeping the glands patent and the tears more stable.

### 3. LASH CLEANING

For this you will need some cotton buds, a cup of warm, previously boiled water that has cooled and either a small pinch of bicarbonate of soda or a couple of drops of baby shampoo added.

Dip the cotton bud in the solution and with the eyelids closed scrub the edges of the lids, through the eyelashes with a sideways (sawing) motion.

**YOU SHOULD START AS SOON AS POSSIBLE AND PERFORM THIS  
TWICE DAILY TO BOTH EYES UNTIL THE DAY OF SURGERY**

**ON THE DAY OF SURGERY PLEASE COULD YOU ENSURE THAT ALL  
MAKE-UP IS REMOVED AND THAT YOU HAVE A BATH OR SHOWER  
AND WASH YOUR HAIR**

**The Edinburgh Clinic**  
40 Colinton Road, Edinburgh EH10 5BT  
Telephone: 0131 447 2340

**[www.edinburghclinic.com](http://www.edinburghclinic.com)**