
Lid Scrubs

1. Wash your hands thoroughly with soap and water.
2. Soak a clean washcloth in warm water.
3. Apply a small amount of baby shampoo to the washcloth.
4. Close one eye and gently rub the base of your eyelashes with the warm washcloth, being careful to rub the entire area. Do this for one minute. (A Q-tip may be used in place of the washcloth, a gentler option if you have marked inflammation.)
5. Carefully rinse your entire eyelid with clean, cool water.
6. Repeat with your other eye, using a clean washcloth.

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