

K e l o w n a L a s e r V i s i o n

Lid Scrub Instructions

Prior to having Lasik surgery, patients are required to clean their eyelids and lashes. This gets rid of any build-up that may be present in the eye lashes or the lid margin, and ultimately results in a better surgical outcome by reducing bacterial contamination and promoting better tear gland function.

What is Required....

- Face Cloth
- **LID-CARE TOWELETTES** (Novartis)

These are available over the counter and contain a mild, hypoallergenic cleanser which does not sting the eye.



Note: Diluted baby shampoo can also be used if Lid Care Towelettes are not available.

How often....

- This is to be done **once in the morning, and once at night, for three days prior to surgery.**

These are four steps involved in the lid scrub procedure...

1. Warm Compress

A warm compress can help to loosen the debris on the lashes allowing for easier removal with LID-CARE. Use a clean wash cloth soaked in warm water and apply to the eyelids for about 15 minutes. Re-warm the cloth as necessary. Following the warm compresses gently squeeze the eyelids—this expresses any excess oils from the glands in the eyelids.

2. Clean the lash area with LID-CARE

In front of a well illuminated mirror, fold the LID-CARE Towelette or wet a gauze pad with LID-CARE and fold; open the eye and expose the lid margin. Scrub the upper and lower lids by rubbing the sudsy pad back and forth along the base of the lashes several times.

3. Clean the eyelid with LID-CARE

Close the lid and rub a fresh LID-CARE Towelette, or the wet gauze pad, over the upper and lower eyelid and lash several times.

4. Rinse

After each application, rinse the cleansed area thoroughly with clean, warm water and pat dry.

NOTES:

- use a new towelette for each eye.
- DO NOT apply or wear eye make-up for 3 days prior to surgery or any facial makeup on the day of surgery.**