



## FALL RIVER —VISION—

### Understanding Meibomian Gland Dysfunction (MGD) Treatment

- MGD is an eyelid disorder where your lids are not producing healthy oil. Healthy oil is soft like cooking oil. Unhealthy oil is thickened like butter.
- You can treat this with warm compresses. Everyone who owns a phone or a computer should be doing warm compresses each day twice a day for 10 minutes each.
- Heat your eye mask in the microwave to 120 degrees F for about 20-30 seconds
- After heating, check the mask to make sure it is very warm but not hot enough to burn you.
- Put a timer on for 10 minutes and put the mask over your eyes for 10 solid minutes of warm compress time
- Do these compresses twice a day to help prevent styes and promote healthy eyes
- When you are done, do a quick lid massage in small circles and then press toward your lid margin to try to squeeze more oil into your eye
- In 3 months, return to the office so the doctor can do a procedure to further clear your lids.
- Bring your warm compress mask with you to your appointment
- Please do not wear makeup at dry eye treatment appointments