

## Moist Heat Application (Steam Bathing)

Heat is applied locally to the eye and lids, and is used to relieve pain, aid absorption of drugs and promote the circulation of blood in case of local infection, such as sty and cyst.

### Traditional Method

1. Clean Face Flannel
2. Hot tap water.

### Method

Immerse flannel in hot water and squeeze out excess water. Close affected eye, hold flannel a short distance from face, allowing steam to get to the affected area. Repeat procedure after five minutes and undertake this 2 or 3 times per day.

### New Method - EyeBag

This microwaveable EyeBag is a more convenient method of applying heat to the eye lids.

Available from [www.eyebagcompany.com](http://www.eyebagcompany.com) or by mail at Orders, The EyeBag Company Ltd. PO BOX 699 Halifax, West Yorkshire, HX3 0WY

Follow any instructions for ointment or drops.



**MGDR<sup>TM</sup>**

For the treatment of  
**Meibomian Gland Dysfunction.**

Symptoms associated with Meibomian Gland Dysfunction (MGD) include

- Grittiness
- Tiredness
- Redness
- Blurry Vision
- Burning Discomfort
- Eye Irritation

Secretions from the Meibomian glands are vital for normal eye function. Frequent warming of the eyelids, together with gentle eyelid massage improves the function of these glands, making the eyes more comfortable and reducing these unpleasant symptoms.

Eyes and eyelids are very sensitive and irritation can be provoked by natural aromatic substances and detergents. For this reason, your EyeBag contains only natural flax seeds without lavender or any scented additive.

**WARNING:**

- Each EyeBag must only be used by one individual.
- Always test the temperature of the EyeBag prior to use to ensure optimum temperature.
- Do not use if skin around the eyes is broken or bleeding.
- In the event of increased eye irritation or itchiness cease use of the EyeBag.
- Seek Medical Advice if symptoms persist or deteriorate with the use of the EyeBag.
- The EyeBag is not to be used whilst wearing contact lenses.

SUPPLIED BY **THE EyeBag COMPANY**

## **Blephasteam® and Meibomian Gland Dysfunction**

Blephasteam® is the first convenient eyelid warming device recommended to relieve symptoms of Meibomian Gland Dysfunction and associated diseases such as posterior blepharitis, meibomitis, ocular rosacea, chalazion, contact lens intolerance, Dry Eye.

Blephasteam® provides a moist and heat therapy. This dual action unblocks the meibomian glands, improves the tear quality, therefore improving symptoms, ocular health, vision and comfort.

Available from <http://www.spectrum->

[thea.co.uk/Apps/Content/html/viewContent.aspx?fid=31](http://www.spectrum-thea.co.uk/Apps/Content/html/viewContent.aspx?fid=31)

Spectrum UK – 0845 521 1290

Feed back from patients is that it is soothing and helps, especially if simple remedies are not helping. “it takes Hot spoon bathing to another level”...

Thus for those with persistent disease who find warm compresses helpful it may well be worth investing in this device. Costs is around £200.



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