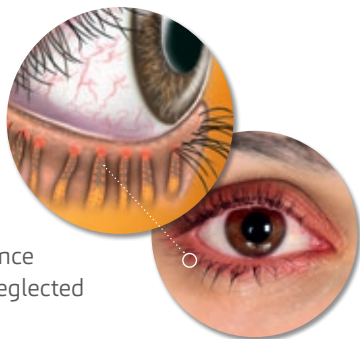


Eyelid inflammation and eyelid margin hygiene

The performance of an eyelid margin hygiene is essential in the treatment of diseases of the eyelids (e. g. eyelid inflammation (blepharitis) or meibomian gland dysfunction). Eyelid margin hygiene twice a day, consisting of heat treatment, cleansing and care, prevents inflammation of the eyelids by maintaining or improving the functioning of the meibomian glands. Performed regularly, most patients experience improvement after a few weeks. If hygiene is discontinued or neglected outright, the original symptoms may reappear.



The 4 steps of effective eyelid margin hygiene



1.

1. Heat treatment

Moist heat liquefies the thickened secretion of the meibomian glands and softens incrustations on the lid margin. A constant moist heat for 5–10 minutes is important during heat treatment, the use of special eye masks (e. g. **POSIFORLID®** eye mask) is recommendable.



2.

2. Massage of the eyelids

Massage makes it easier to expel the secretion. Massage with a finger / moistened cotton swab 5–10 times on the upper eyelid from top to bottom and then 5–10 times on the lower eyelid from bottom to top. Make sure to massage the entire width of the eyelid.



3.

3. Cleansing the eyelids and eyelid margins

Cleanse the eyelids, eyelid margins and eyelashes with a **POSIFORLID®** eyelid hygiene wipe or moisture a cotton pad with **POSIFORLID®** eye spray. To cleanse the edge of the eyelid, always wipe the wipe / cotton pad on the eyelid from the outside to the inside. Use a fresh wipe / cotton pad for each eye.



4.

4. Care of the eyelids

After cleansing and throughout the day, you can additionally care for the eyelids with the **POSIFORLID®** eye spray and soothe irritated eyelids.

For particularly persistent crusting, a combination of spray and wipes may be useful: Begin by applying the spray to the closed eyelids to soften the crusts and subsequently remove the crusts using the eyelid hygiene wipes.

Daily heat treatment and eyelid hygiene for eyelid inflammation

Just as important as cleaning your teeth!

POSIFORLID® eye mask

Self-heating eye mask for treatment of eyelid inflammation, meibomian gland dysfunction, hordeolum and chalazion.

- Constant warmth over 10 minutes
- Reusable approx. 90 times
- Self-heating via a click-to-activate-system
- No risk of burns when used as recommended



Scan the QR code to find a video on how to use the eye mask.



POSIFORLID® eyelid hygiene wipes

Premoistened, sterile disposable wipes with hyaluronic acid, horsetail and euphrasia for daily cleansing and care of the eyelids and eyelid margins.

- Gentle cleansing of sensitive eyelids
- Carefully removing deposits (e.g. isolated crusts, dust, pollen) on the eyelids and between the eyelashes

86% user recommendation¹



- Very good skin and eye compatibility
- Without added fragrances
- Suitable for permanent use

POSIFORLID® eye spray

With hyaluronic acid, euphrasia and salicylic acid for daily eyelid margin hygiene and supportive care in case of eyelid inflammation.

- Facilitates the removal of debris from the eyelids and between the eyelashes
- Cares for and soothes irritated eyelids
- Easy to use: To be sprayed directly on the closed eye



More products, information and videos for the right application can be found online at [posiforlid.de/en](https://www.posiforlid.de/en)

¹ URSAPHARM data on file, 26.10.22