

Information for Patients

Eyelid hygiene for contact lens wearers

- Wash your hands thoroughly before and after cleaning your eyelids.
- Mix one teaspoonful of mild baby shampoo (any brand) into a mug full of warm tap water.
- Dip a clean make-up remover pad into the solution and gently scrub the edges of your eyelids and the eyelash roots.
- Be careful not to touch your eye.
- Repeat using a clean make-up remover pad for the other eye.
- Rinse the eyelids thoroughly after cleaning using warm tap water on a make-up remover pad.

Repeat the procedure morning and evening.

NOTE: Use make-up remover pads that are lint free cotton pads which are dry, not impregnated and are available cheaply from any chemist.

Repeat the procedure morning and evening.

If you require further advice or do not understand anything contained in this leaflet, please contact the Optometry Department on **(0161) 276 5535** Monday-Friday 9.00am - 5.00pm.



Manchester University
NHS Foundation Trust

