

INSTRUCTION FOR EYE LID SCRUB

- 1. Run tap water at a comfortably warm temperature**
- 2. Moisten a clean washcloth and apply a few drops of baby shampoo.**
- 3. Cleanse the lower lash thoroughly with a gentle scrubbing motion. (Fig 1)**
- 4. Pull down lower lid and gently scrub the “rim” of the eyelid. (Fig 2)**
- 5. To cleanse the upper lids, close the eyes and gently scrub the lashes. (Fig 3)**
- 6. Rinse the lids and lashes thoroughly with warm tap water and dry.**
- 7. For best results, scrub lids before bedtime and upon awakening.**