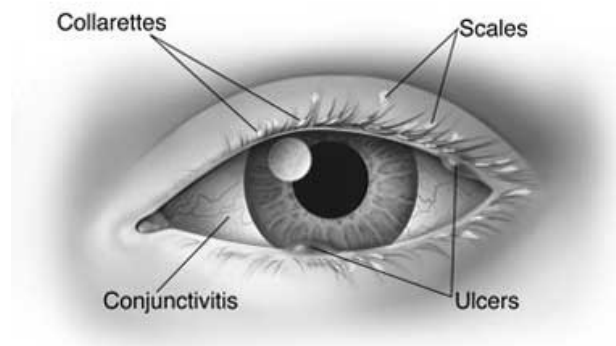


If you suffer with any of these problems.....

- Difficulty reading for more than a few minutes
- Blurred vision with near tasks
- Burning, stinging, itching
- Feels like something is in your eyes
- Redness , irritation and tearing down your cheeks
- Watery eyes

The most common eye problem associated with these complaints is a poor tear film on the surface of the eye. A poor tear film may result from collarettes, eyelash scales, gland closure, lid ulcers or conjunctivitis. Problems such as these commonly lead to ocular surface disease (OSD). Improving your tear film can improve the comfort of your eyes and assist in improving your vision. Follow the instructions below on a daily basis and you're on your way to improving the health of your eyes.



Warm Compresses and Lid Scrubs

- Soak a washcloth in extremely warm tap water. Wring it out and place the warm washcloth over your closed eyes for THREE minutes.
- Using the same washcloth, apply a capful of baby shampoo to the washcloth and make it **'sudsy'**.
- Gently scrub the surface of your closed eyelids for 10 seconds.
- Wash your eyelids with tap water and you're done.
- Do this once or twice a day and you're on the way to better eye health and comfort!



For your convenience, the Hughes Eye Center offers retail products from Ocusoft. Cleansing pads, eyelid cleanser and numerous eyelid hygiene products can help you maintain overall eye comfort

This information is made available through The Hughes Eye Center located at 112 Stonebridge Blvd, Jackson, TN 38305. www.hugheseyecenter.com and 731-664-1994.