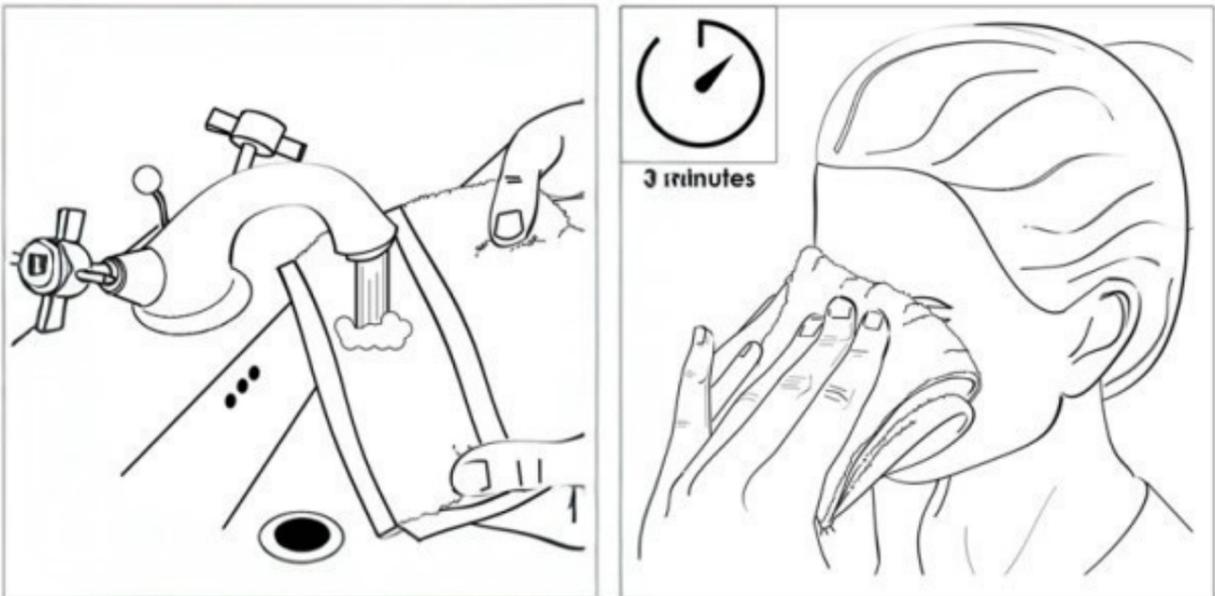


Daily eyelid care

A 3-step routine to boost eye lubrication
and reduce inflammation

1. HEAT

Apply gentle warmth to closed eyelids for ~3 minutes using a warm compress, heated eye mask, or warm cloth.



2. MASSAGE

Gently massage the eyelids using a rolling motion, like lightly squeezing toothpaste from a tube, to help oil flow out of the glands.



3. WIPE

Use a soft, warm, damp cloth to wipe away oil and debris along the lid margins. Look down when cleaning the lower lid.



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If you need further support, Moorfields Private offers specialist care for a wide range of eye conditions.

WWW.MOORFIELDS.NHS.UK/PRIVATE