

# Lid Hygiene

This procedure should be performed twice daily for up to 2 days prior to the date of your laser eye surgery.

- Take a cotton wool ball in each hand and soak in reasonably warm water. Place one cotton wool ball on each closed eye for three to four minutes, keeping the cotton wool balls warm by periodically soaking them in the water.
- Following this, place a small drop of Johnson & Johnson\* baby shampoo on each cotton wool ball and squeeze, allowing the shampoo to lather.
- Next, rub the cotton wool balls along the closed eyelids from inside to out, removing any dry flakes. Repeat 5 times.
- Once this has been done, rinse off your face with clean warm water.
- Please refrain from using eye make up for at least 2 days prior to surgery to ensure no trace remains.

## Unsure?

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