

Lid Health Management Plan

Patient:		D.o.B	
Optometrist:		Date:	

Diagnosis:	
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Previous Treatments:	
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Avoid using / allergy:	
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Management Plan:

Instruction	Method	Products required
1	Warm eyelid glands and crusty lashes	Facecloth: Eyebag:
2	Massage the glands to unblock	Fingers: Eyebag:
3	Clean away debris from both eyelids	Cotton bud: Pads:
4	Lubricate your eyes to replace the oils in your tears	One drop after lid cleaning then _____ per day.
5	Medication recommended	Herbal / shampoos / antibiotics

Twice a day Once a day _____

Leaflet given

Chart your improvement:

	2 weeks	1 month	2 months	3 months	4 months	5 months
Red lids						
Red eyes						
Gritty feeling						
Watering						

Referred _____ Prescription given _____

Next appointment: _____