

□ Eyelid hygiene

Eyelid hygiene stimulates and maintains the function of the Meibomian glands, which produce the lipid layer of tears. It is a daily routine that not only reduces eye discomfort, but also optimizes and prolongs the results of treatments such as IPL.

Steps:

- **Heat** your eyelids for 8 to 15 minutes with a USB heating mask
- **Blink strongly** 3 to 5 times under the mask from 6 minutes onwards
- **Clean** your eyelids with hydrating wipes



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Professional's notes

□ Screens use

Excessive use of screens can contribute to dry out the ocular surface, as we blink about 5 times less while looking at them.

Advices:

- **Limit time spent** in front of screens
- **Remember to do blinking exercises** and take breaks
- **Position yourself so as not to have reflections on the screen**, with the screen positioned lower than your eyes
- **If you are feeling eyestrain**, you can opt for glasses with blue-light-resistant lenses and adopt the 20-20-20 rule: every 20 minutes, look 20 feet (\approx 6 meters) away for 20 seconds



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Professional's notes

□ Blink reeducation

Blinking stimulates the Meibomian glands and spreads tears to moisturize the ocular surface. Normally, we blink every 4 seconds, and each blink must be complete, that is, both eyelids must be touching. Blinking exercises are the best way to keep your Meibomian glands stimulated throughout the day.

Steps:

- **Close your eyes** for 3 seconds
- **Squeeze eyelids** for 3 seconds
- **Open your eyes** for 3 seconds
- **Repeat** the sequence 5 times in a row, several times a day



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Professional's notes

□ Make-up

Make-up can cause damage to the eyes. Inadequate application can obstruct the Meibomian glands, causing them to malfunction. Additionally, the presence of make-up in tears can cause a stinging sensation.

Advices:

- **Choose quality make-up suitable** for sensitive eyes
- **Do not use eye pencil on your mucous membranes** (inner eyelids)
- **Apply mascara to the tips of lashes** only
- **Use cream eyeshadow** instead
- **Remove make-up before going to bed** with a preservative-free and fragrance-free cleanser
- **Avoid permanent and semi-permanent make-up** (do not use eyelash extensions or false eyelashes)



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Professional's notes

To ensure that these treatments are effective, do not forget to make them part of your daily routine.

Other factors can lead to dry eyes, such as:

Air conditioning/heating, nutrition/hydration, contact lenses, environmental factors, etc.