

MG Expressor Instructions:

1. Ask the patient to start warm compresses at home prior to in office treatment.
2. In your office, warm the patient's eyelids for at least 5 minutes, utilizing the enclosed blue gel eye mask. Usually during this process you will need to re-apply the warming gel mask to keep the lid temperature up. Note: Place gel eye mask in hot water until heated or desired temperature is reached. **WARNING: Do not microwave gel mask.**

Using the MG Expressor without the slit lamp is easier at first.

3. Next, gently stretch the outer canthus with your index finger temporally, and roll the Expressor parallel to the inferior lid margin using moderate pressure, with small short strokes. Then proceed to use small short vertical strokes on the superior lids and finish with small short strokes parallel and as close to the lid margin as possible.
4. If needed, reheat the warming blue gel eye mask and repeat.
5. Now go to the slit lamp, and use short firm strokes on the lid margin, attempt to continue expressing the glands with the Expressor.



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