

Vision Care 4Life Patient Education Sheet



Any questions?

Call us today at:

316-682-9891

or

www.visioncare4life.com

Meibomian Gland Dysfunction (MGD)

Meibomian glands are important oil-secreting glands located within our eyelids. The ducts for the glands are located along the margin of the eyelid. Oil from the meibomian glands is secreted into the tear film to keep our tears from evaporating too quickly. Meibomian gland dysfunction (MGD) is the term used to describe problems with the meibomian glands secreting the proper quantity and quality of oil into the tear film. In some cases, the oil may become thicker than normal, blocking the narrow ducts that open at the eyelid margin. If you have dry eyes from plugged oil glands, artificial tears and/or punctal occlusion may not provide adequate relief. Although artificial tears may help for a short time, they too will evaporate quickly when there is an insufficient protective oil layer.

TO TREAT:

Use baby wash and a clean, warm towel to scrub the eyelid margins for 10 seconds then rinse well with warm water.

