



Do you suffer from  
**Dry, itchy or  
gritty eyes?**

It could be Meibomian Gland  
Dysfunction (MGD)



Talk to a  
member of  
staff about  
dry eyes  
and MGD



# Introducing MeiboPatch®

*Warming relief for your eyes*



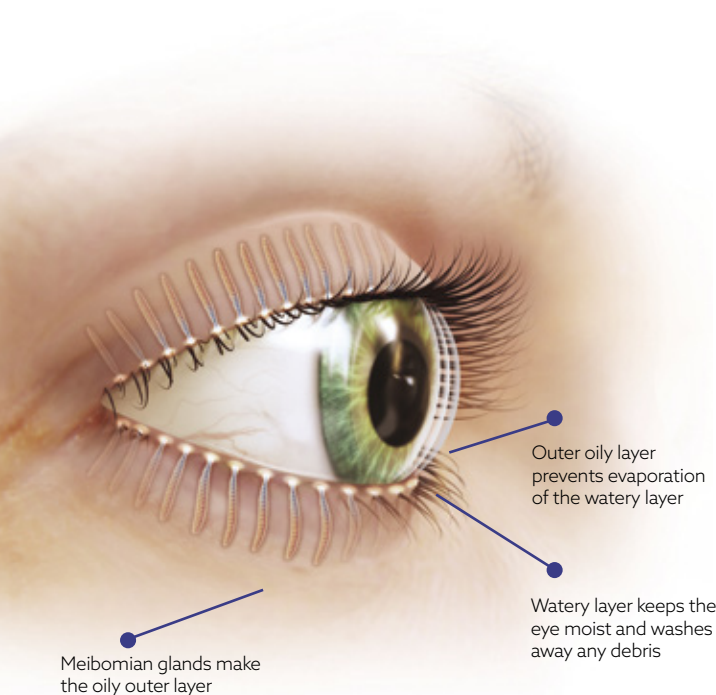
Meibopatch is a reusable warm compress that can be used to treat MGD.



# Meibomian glands and your tears

Your tears are made up of water and oil. A layer of water keeps your eyes moist and helps to wash away debris. Sitting on top of the water is an oily outer layer which stops the watery layer from evaporating. The oil is produced by your meibomian glands which sit at the edges of your eyelids.<sup>4</sup>

Meibomian gland dysfunction (MGD) is a common condition that affects two out of three people with dry eyes. In MGD the meibomian glands get blocked and cannot make enough oil to cover your eye surface. As a result, the watery layer can easily evaporate, causing dry eye symptoms.<sup>4</sup>



## **The symptoms of MGD, which usually affect both eyes, include:**

- Dry or sore eyes that get worse as the day goes on<sup>1</sup>
- Itchy, burning or gritty eyes<sup>1</sup>
- Red or inflamed eyelids<sup>1</sup>
- Greasy or crusty eyelids that may stick together in the morning<sup>1,2</sup>
- Sensitivity to bright light (photophobia)<sup>1</sup>



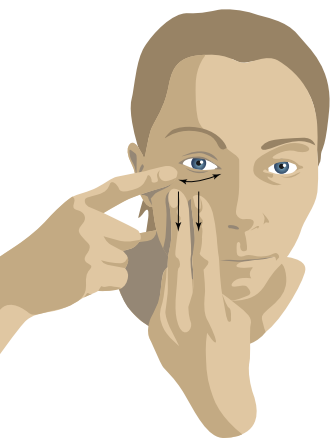
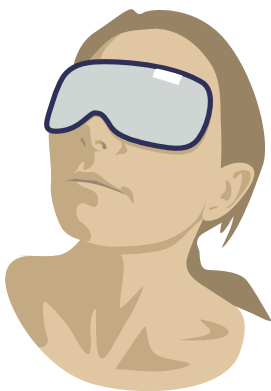
**Talk to a  
member of staff  
about ways to  
manage dry eye  
syndrome**

# How is **MGD** treated?

Daily eyelid hygiene can help to keep your MGD symptoms under control. You should perform this 3-part routine once or twice a day:<sup>4</sup>

## **Warm compress**

Placing a warm compress over your eyes for 10 minutes helps to melt the oil that has blocked your meibomian glands.<sup>3,4</sup>



## **Massage**

Gently massaging your eyelids helps to push the oils out of your meibomian glands.<sup>3,4</sup>

## **Cleaning**

Cleaning your eyelids removes any excess oil, skin flakes, crusts, bacteria, or debris that might have built up around your eyes.<sup>3,4</sup>



# MeiboPatch®

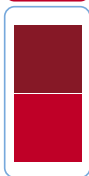
*Warming relief for your eyes*



Warm MeiboPatch® in the microwave and then place it over your eyes for 10 minutes.<sup>3</sup>



Too hot to place on the skin



Not warm enough to be effective

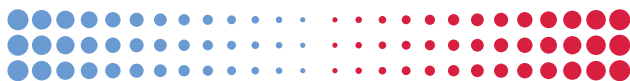


**40°C**  
The desired temperature to unblock meibomian glands

MeiboPatch® has a unique temperature test strip which shows when it is at the right temperature for use.<sup>3</sup>



## Not too hot, not too cold... just right



1. NHS Website: <https://www.nhs.uk/conditions/dry-eyes/> Accessed November 2020.
2. Nichols KK, et al. The international workshop on meibomian gland dysfunction: executive summary. Invest Ophthalmol Vis Sci 2011;52:1922-9.
3. MeiboPatch® Instructions for use. Visufarma 2020.
4. TFOS DEWS II Definition and Classification Report. Ocul Surf. 2017 Jul;15(3):276-283.

**VISU**farma  
the eye health company

[www.visufarma.co.uk](http://www.visufarma.co.uk)

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