HELPFUL hints

1. SENSORY/ COMFORT
A. To Calm Eye Spasms
• Use a tight baseball cap, hair band or sweatband around your forehead.
• Press on your temples, end of your nose, or other parts of your face, then hold.
• Put your head back - close your eyes, or look down.
• Go in a dark place and try to relax.
• Do not rub your eyes, especially the first 24 hours after injections.
• Be engaged! Sing, hum, talk, whistle, play an instrument, chew gum, bat your eyelashes, or suck on a straw.

B. Warm VS Cold - A Personal Choice
• Many feel that cold is the best on the day of injections, but should be avoided 2 hours immediately after and 15 minutes before treatments. Cold can be soothing and decrease bruising.
• Relax your eyes by washing with cool water, or hold a cold glass/bottle of ice water near your eyelids or temples. Keep this available when working out and exercising.
• If you have problems with blurry or crusty eyes in the mornings, use a hot towel to help clear that up.

C. Dry Eyes
• Make an appointment with a Dry Eye specialist for severe dry eyes.
• Use a cool mist vaporizer (especially in the bed room) to help ease dry eyes.
• Use a humidifier in the home to put moisture into the air.
• Turn the air conditioner vents away from your face while driving or plane and riding on a train.
• Do not allow the dry heat from the oven or the BBQ grill to blow into your eyes when cooking.
• Use soap, clean balks and eye drops to keep your eyes lubricated.

Written by patients for patients

For further information, contact: BENIGN ESSENTIAL BLEPHAROSPASM RESEARCH FOUNDATION P. O. Box 12468 • Beaumont, TX 77726-2468 (409) 832-0786 • Fax (409) 832-0890 E-Mail: bebrf@blepharospasm.org WEBSITE: https://www.blepharospasm.org/ BBFRF is an exempt organization under Section 501(C)(3).
All donations are tax deductible.

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DISCLAIMER: The Benign Essential Blepharospasm Research Foundation (BEBRF) does not endorse these Helpful Hints for everyone. These collected suggestions have been effective for some BEBRF patients but not all. Everyone is different!

raw rice for 30 seconds. Check the temperature on your wrist to avoid burns.
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