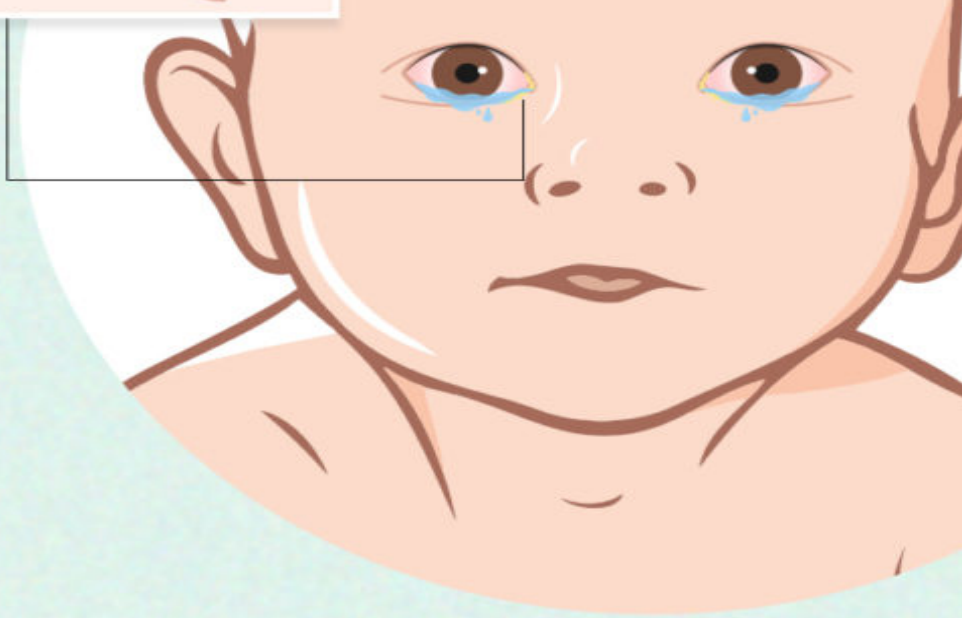
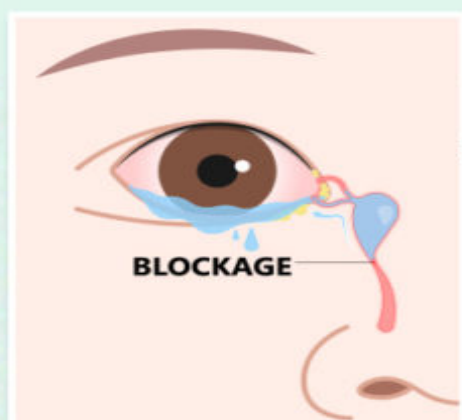


BLOCKED TEAR DUCT MASSAGE



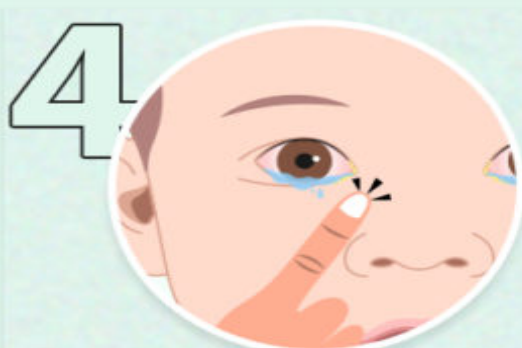
1
Wash your hands before and after the massage.



2
Gently place your index fingers in the inside corner of your baby's affected eye.



3
Now, slide the finger downwards gently towards the nose.



4
Apply light pressure on this region.



5
Repeat this movement 3-5 times per session.



6
Perform each session once every morning, evening, and night.

PREPARATION OF SALINE SOLUTION FOR EYE CLEANING



Boil about 250ml of water



Add 1tsp of salt to a container.

Pour the boiling water and let the salt dissolve.

Let the saline solution cool before its usage.



Use only clean utensils to mix and store the saline solution.

References:

- ① Eye: Tear Duct Massage; Nationwide Children's
- ② Blocked Tear Duct (Nasolacrimal Duct Obstruction); Children's Health, Queensland Government