Helpful Hints for Everyone

1. SENSORY / COMFORT

A. To Calm Eye Spasm

- Use a tight baseball cap, hair band or sweat band around your forehead.
- Press on your temples, end of your nose, or other parts of your face, then hold.
- Put your hand 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. Watch Out for 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 a straw.
- A cold, damp facecloth – moist cold penetrates better than dry.
- Take a cold, damp, cold compress over your eyes lubricated.
- Do not allow the dry heat from the oven or the BBQ to dry your 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 when driving even on cloudy days.
- Use sunglasses, car visors, hat with a brim, for day driving.
- Use slow, complete blinks and eye drops to keep your eyes lubricated.

E. Driving/Riding in a car

- For night time driving, but not other darkly tinted lenses.
- Use sunglasses, car visors, hats with a brim, for day driving even on cloudy days.
- Put a shade (such as one used for an infant) on the other darkly tinted lenses.
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For Further Information: Contact

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E. Keyboard Tricks

- Consider purchasing a keyboard with yellow keys and large black letters like EZ Keys Keyboard.
- For a laptop computer keyboard, spend a few extra dollars and get a backlight behind the keyboard letters. This makes it so much easier to use.
- If you already have a keyboard, you can plug in an additional, more desirable keyboard and a larger, free-standing monitor.

F. Using the TV as a Projector Screen

Do you want to show your screen on an outside source.

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• Take time to rest your eyes by closing them, or take
• Try singing, humming, whistling, talking,
• It is important to get a good night’s sleep and avoid
• Try not to overdo reading, computer work, sun,
• Take breaks when focusing or doing detailed work.

Cucumber or orange slice pads with Aloe are especially soothing.

• For hemifacial spasm, touch the opposite side of the
• For oromandibular dystonia (Meige Syndrome), chew
• Make your home a controlled and comfortable
•Certain foods and drinks have not been proven to be
• Exercise is good! Check with your doctor first, but
• When watching TV, try doing a craft, crossword

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• If your computer mouse has a wheel, then
• By using baby shampoo with a warm washcloth to wash
• Cataract surgery and corneal refractive surgery may
• Allergies, as well as antihistamines, can make your
• Some people wear googgles or safety glasses to cut down on dry eye symptoms in certain conditions for
• Progressive lens eyeglasses, looking up over the line
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• Some have suggested that if you currently wear
• Whether walking or sitting, avoid direct sunlight when
• Polaroid lenses are excellent for use over the water or
• Gray gradient prescription glasses might help while
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