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DoctorDoug.com

CLEAN THE EYELIDS AS FOLLOWS:

- PURCHASE A SMALL BOTTLE (TRAVEL SIZE) JOHNSON'S BABY SHAMPOO.
- FILL CAP WITH WATER
- PLACE 2 DROPS OF SHAMPOO IN THE CAP AND STIR WITH A Q-TIP
- PLACE THE WET Q-TIP ON THE EYEBALL, AND RUN IT ALONG THE UPPER (CLEANSING). DO THIS TWICE A DAY