Internet Explorer:

1. Select Tools from the top menu
2. Select Internet Options
3. The Internet Options Dialog box will open
4. In this box there are three sections Home page, Temporary Internet files, and History
5. In the section Temporary Internet files select the button "Delete Files..." and select OK. This will remove the pages (html files) stored in memory.
6. Select the "Settings..." button. The Settings dialog box will open.
7. In the "Check for newer versions of stored pages:" section select "Every visit to the page" This will ensure that any page you access will be the newest version. Select OK.

8. In the section "History" Select "Clear History" and select "Yes" to the prompt. This will remove stored URLs (sites) in memory that you’ve visited.

9. If desired you can minimize the number of days to keep the pages in history by selecting the scroll button down in the "Days to keep pages in history" box. The default value is 20 but it can go as low as 0.