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BLEPHARITIS

Eyelid margin disease, Blepharitis is a common and frequently chronic inflammation of the eyelids. Symptoms include irritation, itching, and occasionally, a red eye. This condition frequently occurs in people who have oily skin, dandruff, eczema, psoriasis, allergies, and/or dry eyes.

Bacteria normally resides on the skin, but in some people, they thrive in the skin at the base of the eyelashes. Nearby oil glands may be reactive, causing stickiness, drainage, and particles to form along the lashes and eyelid margins, which can cause redness, stinging, or burning.

With Blepharitis, the goal is to control. **Treatment involves a few simple, daily hygienic measures:**

1. Each morning and night, place a **WARM**, wet washcloth over your closed eyelids for 20 seconds.
2. Re-wet with warm water, place washcloth over your closed eyelids for 20 seconds.

This will soften and loosen scales and debris. Importantly, it helps liquefy the oily secretions from the eyelid's oil glands, which will slow better and help maintain normal tear film.

FOLLOWING THE STEPS ABOVE:

1. Place 1 drop of Johnston's Baby Shampoo in a plastic basin/Tupperware bowl with some warm water and make it sudsy, creating a dilute baby shampoo solution.
2. Take the washcloth/facecloth and dip it in the sudsy solution.
3. Gently wipe the closed eyelids clean from nose outward, wiping the base of the lashes.
4. Repeat steps 2 and 3.
5. Gently rinse with warm water.

WHEN MEDICATIONS ARE NECESSARY, THEY MAY INCLUDE:

- Preservative-free, artificial tears (over the counter eye drops) to relieve symptoms of irritation and discomfort
- Antibiotics (oral or topical) to treat bacteria on the eyelids
- Anti-inflammatory (short-term) meds to decrease inflammation

Medications alone are not sufficient to control lid margin disease, the application of warmth and detailed cleansing of the lashes daily is the key.

It is imperative to treat Blepharitis as detailed above.

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