

PATIENT INFORMATION

BLEPHARITIS

Blepharitis is a common chronic inflammation of the lid margin. The eyelids may become swollen, congested and red. In many instances blepharitis is due to seborrhea, a common cause of dandruff. The base of the eyelash is usually caked with a greasy type of scale that comes off easily. Other cases can be due to bacterial infections. In both cases, the treatment and prevention is lid hygiene.

LID HYGIENE

Place warm compresses across both eyes for ten minutes. Then scrub the eyelids with Baby Shampoo in the following solution:

Dilute one drop of the shampoo to 5-6 drops of water. Take a Q-Tip (cotton tipped swab), dip it into the solution and scrub the upper and lower eyelids at the base of the lash. Pull your lower lid down when scrubbing and pull the upper lid up. This will help you avoid poking yourself in the eyeball.

IMPORTANT: REMOVE ALL SHAMPOO FROM EYELIDS.

Initially, this should be done four times a day and then tapered according to your symptoms. Eventually, you can get to the point of cleaning your eyelids once every two or three days. It is important that you realize that this is a chronic problem that one has for life and can only be treated on a chronic basis.