

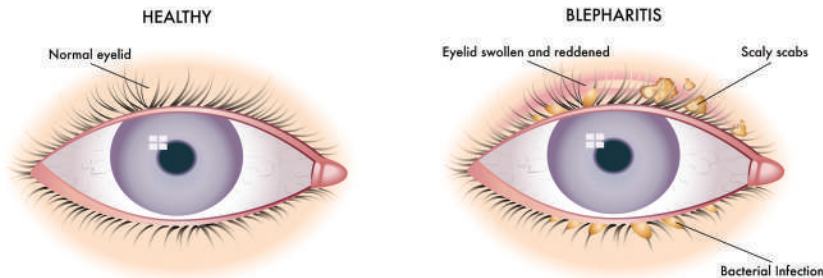
# BLEPHARITIS

## CHRONIC INFLAMMATION OF THE EYELIDS

Blepharitis is a chronic inflammation of the eyelids. A common problem in both children and adults, blepharitis causes swelling, itching and irritation of the eyelids.

### WHAT IS BLEPHARITIS?

Blepharitis is associated with dandruff of the scalp and may be part of an overall skin disease (seborrhea) which also affects the chest, back, and behind the ears. With blepharitis, the glands of the eyelid produce an abnormal quantity and quality of tear film, which normally coats, protects, and lubricates the eye. Several factors including hormones, nutrition, general physical condition, and stress may contribute to the development of this condition.



### WHAT ARE THE SYMPTOMS OF BLEPHARITIS? HOW IS BLEPHARITIS TREATED?

Blepharitis is characterized by redness of the eyelids. Scaling and flaking around the eyelashes are also common. The production of abnormal tear film causes the formation of greasy, waxy scales. These scales, which accumulate at the base of the eyelashes, flake off easily. In some cases of blepharitis, a red eye may develop or a sty may form. A loss of lashes or broken lashes may be experienced. If left untreated, blepharitis may lead to infection and scarring of the cornea and other areas of the eye.

Treatment of blepharitis is concentrated on maintaining very clean eyelid margins. The eyelids must be kept immaculately clean. This is done by the application of warm compresses, scrubbing with a special eyelid cleanser recommended by the doctor, and lubricant eye drops twice daily.

**MAINTAINING VERY CLEAN EYELID MARGINS IS ONE OF THE MOST IMPORTANT ASPECTS OF TREATMENT FOR BLEPHARITIS**

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### DIRECTIONS FOR TREATING BLEPHARITIS:

1 Application a hot pack to closed eyelids for 5 minutes. The heat causes the blood vessels to dilate, which improves blood circulation and healing. The heat also opens and cleans out infected gland pores in the eyelid margin.



2 Use the Ocusoft Eyelid Scrub to gently clean the top and bottom eyelash margins. Rinse with water. These pads contain a special soap to help kill the bacteria which colonize the eyelid margin and eliminate the flaky debris along the eyelid margins.



3 Apply a good quality lubricant eye drop. This helps to moisturize and protect the eye, and rinse out any additional flaky debris from the eye.



4 Repeat this process twice daily.



### WHEN DOES BLEPHARITIS GO AWAY?

Blepharitis usually resolves with the above treatment within 4 weeks, but often blepharitis is a long-standing chronic inflammation. If a person with blepharitis discontinues the regular use of warm compresses, eyelid scrubs, and artificial tears, the disease and its symptoms almost always return. Twice daily maintenance with the eyelid hygiene program is critical to resolving the issue and permanently reducing one's chances of additional complications.

### PREVENTION IS THE BEST MEDICINE

The best form of treatment for a blepharitis is prevention. Regular eye examinations are the best prevention against eye disease. Eye problems can occur at any age, and the symptoms of some problems are not noticeable until the eye has suffered damage. However, with early detection and treatment of eye problems, sight loss can often be prevented.

If you are experiencing the symptoms of blepharitis or other eye health problems, you should obtain a complete eye examination with one of our doctors at Coachella Valley Optometry immediately.