

## Blepharitis information sheet

You have a very common condition called blepharitis. This is an inflammation along the edge of your eyelid where the eyelashes come out of the lids. It is not directly caused by infection, but it is due to the build up of the normal secretions of your eyelids.

These secretions build up and irritate your eye. This can cause redness, irritation, blurring, mattering, itching and watering.

The treatment of this condition involves the removal of this build up with a daily lid cleaning technique. This technique is outlined below.

Your condition should improve over 3-4 weeks if you follow this treatment regimen. You will probably need to continue this lid cleaning at least one time daily to prevent its recurrence.

### **Lid hygiene for blepharitis**

- 1. Hot soaks-drape a warm washcloth over both eyes for 10 minutes. Make the cloth hot every 2 minutes.**
- 2. Wash face with warm water and soap**
- 3. Rinse your face and eyelids with warm water**
- 4. Rub the eyelids where the lashes come out with EYE SCRUB or OCUSOFT soaked towelette or cotton ball. Use a new towelette or cotton ball for each eye.**
- 5. Rinse face with warm water and dry.**

Do the above steps 2-3 times a day as directed by your physician for 4-6 weeks; then only once a day. Because blepharitis can be a persistent problem, you should practice good skin and eyelid hygiene to prevent recurrences.

## BLEPHARITIS TREATMENT

- Warm compresses with washcloth over eyelids for 10 minutes
- Lid scrubs with eye scrub towellette
- Antibiotic ointment to lid margins at bedtime until tube gone
- Azasite: 1 drop twice a day for 1 week, then 1 drop once a day for three weeks, then stop.
- Lotemax / Pred Forte / Zylet / Tobradex: 1 drop 3 times a day for one week, then 2 times a day for one week, then 1 times a day for one week, then stop.
- Doxycycline: 1 pill twice a day for one month, then 1 pill once a day for 2 months.
- Restasis: one drop twice a day.
- Omega-3 oral supplements (fish oil, flax seed oil)
- Artificial tears