

BLEPHARITIS TREATMENT

Blepharitis is an inflammation of the eyelid margin. There are many tiny openings of the upper and lower lid margin that drain oils. These openings can get clogged up for a variety of reasons. This condition causes irritation, itchiness, redness, foreign body sensation and stinging or burning of the eyes. Warm compresses and lid scrubs are the usual remedies. Blepharitis is a chronic condition and requires chronic care, but usually once it is under control you will be able to treat it less vigorously than you need to initially.

WARM COMPRESSES (DO ____ TIMES A DAY)

1. Wash your hands.
2. Heat up a clean washcloth using warm tap water.
3. Wring out the washcloth and hold it over your closed lids until it cools.
4. Repeat until you have had a warm washcloth over your lids for **10 minutes**. You may put a warm pack, such as the 3M Cold/Hot Pack™, over the washcloth to keep it warm. Follow the manufacturer's instructions to heat it up.
5. Wash your lids gently with warm water or go on to lid scrubs, depending on what your doctor says.

LID SCRUBS (DO ____ TIMES A DAY)

Option A: Ocusoft Lid Scrubs

1. Closing the eye, gently cleanse eyelids with Ocusoft Lid Scrubs using lateral side-to-side strokes. Avoid touching the eye directly. (Ocusoft Lids Scrubs are available over the counter).
2. Rinse thoroughly.

Option B: Johnson's Baby Shampoo

1. Mix 3 drops of Johnson's Baby Shampoo in a small glass of warm water.
2. Wet a cotton swab in the water and gently scrub your eyelids where the lashes grow. Try not to get shampoo into your eye.
3. Rinse your lids with warm water.

ARTIFICIAL TEARS (DO ____ TIMES A DAY)

Artificial tears, which you can get without a prescription, will often help relieve eye irritation associated with blepharitis.