

## **BLEPHARITIS**

Blepharitis is an infection of the eyelids, often caused by bacteria living along the eyelid margins. This can cause redness, itching, and formation of debris along the lid margins, and can lead to more serious conditions like hordeolum (stye), chalazion (lumps in the lids), and increased chance of conjunctivitis (pink eye or red eye).

Taking care of lid problems early is important in preventing more serious infections from occurring. The following steps are recommended for your eyelid conditions as checked below:

**Warm compresses:** These work to increase blood flow to the area, and to help your own immune system work more efficiently. Use a clean washcloth, run under warm tap water, and apply to the closed eyelids. This should be done \_\_\_\_\_ times per day. As the washcloth cools off, re-warm it to make up a total of 10 minutes time.

**Lid Scrubs:** This step will help to wash away debris along the lid margins where bacteria live. Using a clean washcloth, lather it with a mild baby shampoo, and gently wash over closed lids. Keeping your lids closed, rinse with warm water and then pat dry. Do not rub them as this irritates the delicate skin around your eyes.

**Artificial Tears:** These can help soothe the eyes and give comfort while the other steps are beginning to work. Artificial tears work to replace the tear layer on the front of your eyes and will keep them moist for some time. These can be used three to four times per day.

During the course of treatment, it is important to maintain good hygiene. Keep your towels and washcloths separate and do not share them with other family members. Bacteria can be transferred by sharing. If your eyes have increased redness, pain, or change in vision, call our office right away.

A note about makeup and blepharitis: Do not use makeup if you have an active blepharitis. Any makeup that has been used should be thrown away. As a general rule, makeup should always be replaced every six months. It's best not to share makeup with anyone.