

BLEPHARITIS INFORMATION SHEET

Blepharitis is a condition of the eyelids and lashes. It is an inflammation caused by either an infection of the eyelashes or an eyelid skin condition such as seborrhea. Blepharitis is usually not a serious problem unless it is severe, in which case it may cause loss of lashes, scarring, or more serious eye infections. Signs and symptoms of blepharitis can include irritation, flaking, scratchiness, itching, crusting, swelling, dryness, and redness.

The mainstay of treatment for blepharitis is good eyelid hygiene. This often included warm compresses, cleansing with baby shampoo, lid scrubs, antibiotic ointments (sometimes with an anti-inflammatory steroid), oral antibiotics, and artificial tears.

Blepharitis is a condition that sometimes takes weeks of daily treatment before results are apparent. It is important to adhere to a daily treatment routine.

For your condition, the following treatment is recommended:

1. Warm compresses (*a washcloth soaked in warm water or warm rice bags in microwave for 20-25 seconds*) held against closed eyes once or twice daily for **5 – 10** minutes. This will help to loosen and melt debris on the eyelid margin.

2. Dilute baby shampoo applied to closed eyes with washcloth then rinse with warm water twice daily.

OR

Lid scrubs (*prepackaged wipes available at your drug store*). The closed eye/eyes are gently rubbed with these scrubs twice daily after warm compresses. The eyes are then rinsed.

3. Artificial tears (*example: Refresh Plus, Refresh Liquigel, or Systane*) used as needed for irritation and dryness.

Ointment or drops: _____

Antibiotics: _____

Other: _____

If you have any questions or concerns, please ask!