



TREATMENT FOR BLEPHARITIS

Blepharitis refers to inflammation of the eyelids, with redness and crusting of the eyelid margins, at the base of the eyelashes. This causes itchy, burning eyes, with a sandy feeling.

Blepharitis commonly affects up to one third of the population. It is often a chronic, or ongoing condition, with some improvement in symptoms during the summer months. Good control of the condition can be achieved with the following procedure:

1. HOT COMPRESS

Heat a washcloth under hot water until it is as hot as can be comfortably tolerated. Apply the washcloth to the closed eyes for five minutes, reheating it as necessary to keep it warm.

2. LID SCRUBS

Apply a small amount of eyelid scrub *(ask your optometrist what products are recommended) to the washcloth or eye pad and work it into a lather. Close the eyes and rub the cloth over the eyelashes for 30 - 60 seconds. Rinse thoroughly with clean, warm water and pat dry.

3. POLYSPORIN OPHTHALMIC OINTMENT**

Place a small amount of ointment on the fingertip, then close the eyes and rub it into the lid margins of each eye. Allow it to soak in for 1 - 2 minutes, and then wipe away the excess.

Repeat this procedure every day as often as prescribed. You may notice temporary redness and swelling of the lids after treatment. This is normal and is not cause for concern. It usually subsides within several minutes.

*Lidcare is a solution specially formulated for lid scrubs. It is available without a prescription at most drugstores. An alternative to this product is a solution of diluted baby shampoo.

**Polysporin Ophthalmic Ointment is an anti-biotic. It is available without prescription at most drugstores.