

Advice for the Treatment of Blepharitis

Blepharitis is a very common condition caused by build-up of natural oils on the lid margins near the roots of the eyelashes. As the oil accumulates it encourages bacterial infection and causes gritty, burning and tired sensation of the eyes.

The treatment of blepharitis is a simple but long term approach and consists of three steps.

1. The improvement of oil drainage by the use of **hot compresses**.
2. The removal of irritating oils from the lid margins by cleaning the lid margins (**lid scrubs**) every night.
3. The use of lubricating **tear drops** and ointments to soothe the eyes.

How to apply hot compresses

Wet a face flannel with very warm water (without being uncomfortable), wring out the excess, and place the folded flannel over your closed eyelids until it cools down.

Lid Scrubs

Dilute baby shampoo about $\frac{1}{4}$ shampoo to $\frac{3}{4}$ warm water. Dip a round cotton wool pad into this solution and gently scrub along your upper and lower lid margins, as close to the base of your eyelashes as possible. You may find this is easier with your eyes closed. An alternative is to use 'Systane Lid Wipes' which are available from Tamborine Mountain Optometrist or your local pharmacy.

How to apply tear drops

Wash your hands. Gently pull the lower lid away from the eyeball with the index finger of one hand and apply one or two drops in the space made between the lid and the eyeball. These drops can be used frequently throughout the day and can be purchased over the counter from Tamborine Mountain Optometrist or your local pharmacy. We recommend HyloForte, HyloFresh or Systane Ultra.

Important: Blepharitis is so common, it's almost normal! Blepharitis is not able to be permanently cured, as it waxes and wanes, so the aim of the treatment is to make the symptoms tolerable. Although blepharitis is not a serious condition it can be quite irritating. The treatment is optional and you can tailor the treatment to your symptoms.

If you have any queries in regards to these instructions, or questions about your eye health, please contact us using the above details.