



Treating Blepharitis

Blepharitis means inflammation of the eyelids. This common problem typically affects the edges (margins) of the eyelids and is usually present in both eyes.



ANTERIOR BLEPHARITIS



POSTERIOR BLEPHARITIS

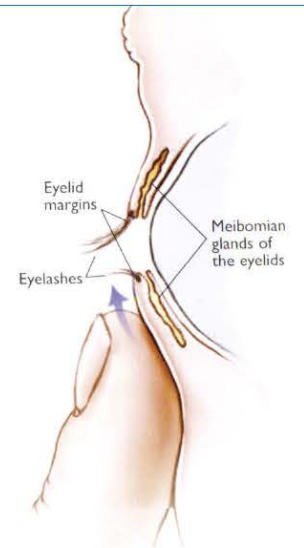
Some skin types are more prone to blepharitis. It is like having dandruff or eczema of the eyelids. The skin can then develop bacterial infection and blockage of the **Meibomian oil glands** in the eyelid. This changes the composition of the tears so they are less refreshing to the eye. In turn, the eye dries out. Despite the eye often compensating by secreting more tears, the eye remains uncomfortable.

Blepharitis is often difficult to treat. However, it can be controlled with lid hygiene and massage in the long term, as well as lubricating eye drops.

In the short term, take the steps listed:

1. Use **Flarex** anti-inflammatory drops twice daily for 2 weeks. This requires a script.
2. Use **Chlorsig** antibiotic ointment at night for 2 weeks (some in eye and some on lid margin).
3. Preservative free lubricants - **Optive Advanced** or **Bion tears** 2-4x per day (for at least 3 months).
4. **Warm compress and massage twice daily.** This will be an ongoing long term treatment. You could try **Systane lid wipes** to assist cleaning your eye lids.
5. **Lacritec**—this is an oral supplement, available from www.lacritec.com.au or calling 1800 622 883, to help improve the quality of your tears.

Please note: excessive TV, reading and computer use exacerbates dry eye symptoms. If your eyes do feel irritated during these activities, taking a break would be recommended.



Massage the eyelids

Massage the eyelids toward the eyelid margin in a rolling movement as shown by the arrow.

This is the direction of Meibomian gland drainage.



Cleaning the eyelid

Gently clean the eyelid using a face cloth and warm water, or special eyelid cleaner.

You can mix a few drops of a mild cleaner (such as baby shampoo) with the water.



Compress applied to eyelid margin

Apply a warm compress to the eyelid margin for several minutes to loosen the crusts.

A warm washcloth soaked in warm water can be used.