
Controlling & Treating Blepharitis

Adapted from *Controlling and Treating Blepharitis*
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DEFINITION

Blepharitis, an inflammation of the eyelids, is characterized by involvement of the eyelid margins which may cause an irritation of the eyes. It results from an inflammation of the greasy sebaceous glands and hair follicles of the eyelids. Blepharitis may be a chronic problem - one that may exist on and off for a long time, and usually is not permanently cured; but the symptoms (burning, itching, irritation, foreign body sensation) can usually be controlled if the following is adhered to:

TREATMENT

1. Warm compresses - use clean wash cloth soaked in warm water and apply to the eye for a few minutes prior to the scrub.

2. Lid cleansing scrubs - at your pharmacy purchase a bottle of Johnson's baby shampoo and some cotton-tipped swabs (Q-tips). Dilute the shampoo by pouring a small amount (2 drops) of it into a clean shot glassful of warm water. Wet a swab with the shampoo solution and vigorously scrub along the edges of both your top and bottom eyelids, especially at the base of the lashes. Then, gently rinse the eye and lids with warm water.

Follow this regimen twice daily (or as directed). Continue to use Johnson's baby shampoo scrubs as necessary.

Your eyes may sometimes begin to look or feel worse initially after you begin this treatment. Your eyelid margins have collected a lot of irritating material which may be stirred up with cleansing. This may result in an initial increase in the amount of irritation to your eyes for the first week or so. As you continue to follow the lid scrub regimen, you should notice that your eyes will begin to look and feel much better. Remember, though, that blepharitis is a chronic problem. Although your eyes will improve, they will probably not be cured. To maintain the condition of your eyes, it may be necessary for you to scrub your eyelids periodically in order to remove the irritating material that collects.

If you have further questions about anything you read today, or need referrals, you can make a follow-up appointment to discuss it with your clinician, or you can speak to an advice nurse.

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call **510-642-2000**

Clinic Nurse **510-643-7197** for advice