

Blepharitis

Blepharitis is a type of inflammation of the eyelids which can cause irritation of the eyes. It is often chronic, occurs in both eyes at the same time, and is often associated with burning, itching, and a foreign body sensation in the eyes. Severe blepharitis can result in eyelashes that are missing or pointing in different directions, and may cause recurrent styes.

Since blepharitis is often a chronic condition, if you don't continue to treat it with warm compresses and scrubs (see below), the symptoms are very likely to come back.

Treatment

1. Warm compresses - take a clean washcloth, dishtowel, hand towel, or thick stack of paper towels and soak them in warm (but not boiling) water. Roll the towels into a burrito/cylinder shape and lay this across your eyelids. The towel should be warm but not hot. This will help soften your eyelids and allow them for better cleansing. You can unroll the towels as they start to cool. Try to let the compress cool down over the course of several minutes for best effect and do this every time before you use the scrub.
2. Lid cleansing scrubs - at your pharmacy purchase a package of lid cleansing scrub (OCuSOFT Lid Scrub or similar product) as recommended by the pharmacist. With clean hands, apply this product as directed, using firm but gentle side to side strokes to clean the lid and lashes. Then, gently rinse the lids with warm water.

Follow this regimen twice daily for two weeks. Consistency is key.

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 gently scrub your eyelids periodically in order to remove the irritating material that collects.

If your eyes are not improving or are becoming more irritated, please come back into Tang to be reevaluated.

Check our **Website**: uhs.berkeley.edu to learn more about this and other medical concerns.
For **Appointments**: etang.berkeley.edu or call 510-642-2000 For **Advice**: call 510-643-7197