

# Blepharitis

## Patient Information



Information and advice to help you understand  
and manage your condition

# Blepharitis

**Blepharitis** is a chronic condition of the eyelids meaning that symptoms will reoccur if not treated.

Blepharitis is a common inflammatory condition where the edges of the eyelids become red, swollen and inflamed. Blepharitis is often caused by a build-up of bacteria living along the eyelid and eyelashes.

The most important part of treating and managing Blepharitis is to keep the eyelids clean. If you do not treat it, it will not improve and your symptoms will remain and possibly worsen.

Blepharitis is one of the most common reasons to cancel elective (planned) eye surgery.



There are **two main types** of Blepharitis:

### **Anterior Blepharitis**

This is where the inflammation affects the skin around the base of your eyelashes.

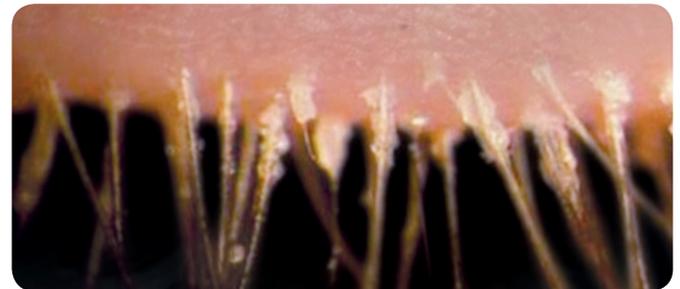
### **Posterior Blepharitis**

This is where the inflammation affects your eyelid glands. Meibomian Gland Dysfunction (MGD) can occur when the eyelid glands become clogged.

Sometimes, people will experience both types of Blepharitis because the causes are often connected.



*Sore, red, inflamed eyelids; crusty eyelashes*



*Visible dandruff around eyelashes*

# Symptoms and causes

If you have Blepharitis, you may notice **some** or **all** of the following:

- **Itchy, sore and red eyelids that stick together**

- **Crusty or greasy eyelashes**

- **Burning, gritty sensation in your eyes**

- **Visible dandruff on your eyelashes**

What are the **possible causes** of Blepharitis?

- **A build up of oil and debris on the eyelids and eyelashes**

- **Bacterial eyelid infections**

- **Complication of skin conditions such as Seborrhoeic Dermatitis or Rosacea**

- **Meibomian Gland Dysfunction (MGD)**

# Advice & treatment

**Daily lid hygiene** is key to the management of Blepharitis and other conditions of the eye such as Meibomian Gland Dysfunction (MGD) and Styes.<sup>1</sup>

## Compliance

A key element in the treatment of Blepharitis, Dry Eye Disease (DED) and MGD is patient compliance (patient correctly following health advice). The use of preservative free products can aid this as it reduces patient discomfort, a large contributing factor in non-compliance.

<sup>1</sup> Daniel Nelson, J et al, TFOS DEWS II : New Dry Eye Report Updates Research. *The Ocular Surface*. 2017

## 1. Heat

Applying a **heated eye mask** or warm cloth\* to closed eyelids for 10 minutes, can help soften the clogged oils in the eyelid glands. This allows the oils to flow more freely and helps prevent the tears from evaporating from the surface of the eye.

### Massage

Following the heated eye mask, **gently massage** the eyelids using your forefinger. Massaging will help to push the oil out from the eyelid glands.

*\*A warm cloth may not retain the warmth as long as a commercially available heat mask specifically for the eye.*

## 2. Cleanse

Cleansing your eyelids daily will help remove debris, bacteria and oil that can often lead to Blepharitis, MGD or Dry Eye symptoms. While lid scrubs using diluted baby shampoo applied by swab or cotton bud have been the most widely recommended method, there are newer, more effective methods of managing lid hygiene such as commercially available **lid scrubs, wipes and foams**. Lid scrubs and wipes are usually pre-soaked in a cleansing solution and ready to use.

Using **preservative free** methods where possible is recommended, as the long-term use of preservatives can be harmful to the ocular surface.

## 3. Hydrate

Eye Doctors recommend the use of **preservative free eye lubricants and sprays** which have shown to be more effective than preserved eye drops or ointments in reducing inflammation on the eyes.

Tear replacement with eye drops, sprays or ointments are traditionally considered a mainstay of Blepharitis management, however it is recommended these are used in conjunction with other therapies to target the underlying causes of Blepharitis.

## 4. Supplement

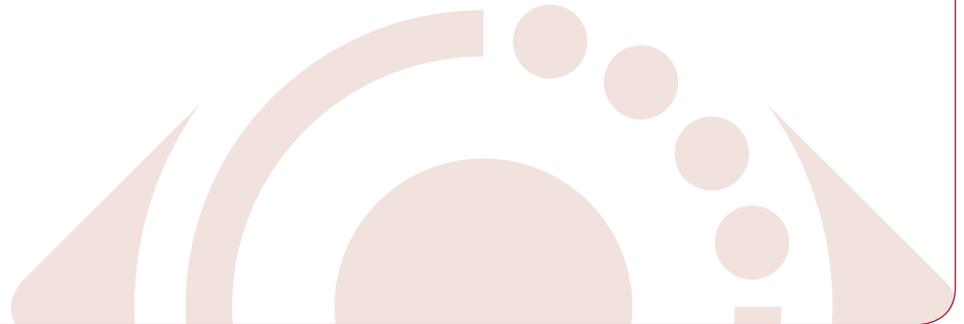
Eye Doctors recommend a diet rich in Omega-3 Fatty Acids and/or the use of nutritional supplements to help manage Blepharitis.

Increasing your consumption of Omega-3 Fatty Acids can improve the oil in your glands and relieve symptoms associated with Blepharitis, Dry Eye and MGD.

It is important to choose an Omega-3 supplement that is highly absorbable by the body to ensure best results. An Eye Doctor can suggest a suitable supplement for you.

# Other advice...

- ✔ Remove any eye make-up before going to bed. The lid wipes mentioned are an excellent way of doing this while also keeping your eyelids clean.
- ✔ Don't share your eye make-up or lotions with anyone else.
- ✔ Don't share your facecloths or towels with anyone else.
- ✔ Ensure you clean your eyelids when washing daily.
- ✔ Seek medical advice if the condition gets worse.



# Ask your Eye Doctor today!



PRACTICE STAMP:

As there are many treatment options available, please ask your Eye Doctor which is best for you.

## Your Eye Doctor recommends:

1. Product recommended: \_\_\_\_\_

Use  times daily for  weeks

2. Product recommended: \_\_\_\_\_

Use  times daily for  weeks

3. Product recommended: \_\_\_\_\_

Use  times daily for  weeks

4. Product recommended: \_\_\_\_\_

Use  times daily for  weeks

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