



Eyelid Condition - Rosacea

The Following Information has been Prepared for You:

Ocular Rosacea causes dilated capillaries on the eyelid margins, nose, or cheeks. The redness may increase with exposure to heat or spicy foods. It may be accompanied by clogged oil glands. Demodex mites are associated with its development, so treatment often involves treating demodex. However, topical medications may be used to reduce redness, and oral antibiotics may be prescribed to combat clogged oil glands.

Eyelid conditions should be carefully examined by an eye doctor to reduce the risk of scarring of the eyelid margin, which can cause loss of eyelashes, ingrown eyelashes or brittle and thin eyelashes. Chronic blepharitis will lead to atrophied and permanently damaged meibomian glands and severe dry eye disease.

Contact our office with any significant vision changes or emergencies that you feel require immediate attention.

Your doctor may have recommended any combination of the treatments listed below. Please follow the recommendations that were discussed during your exam today:

___ Consistently warm, moist compresses applied to the eyelids for 15 minutes, 4 times per day. Wash your hands and follow compresses with massage and pressure to the eyelid margin, to assist in expression of the oil glands. We offer our preferred brands of moist compresses for purchase at the front desk.

___ Use the recommended medicated eyelid cleanser 2 times per day, scrubbing each eyelid individually from the inside to the outside corner in a horizontal, left and right motion. To scrub the top lid, close your eye. To scrub the bottom lid, look up and be careful to avoid scratching the ocular surface. Use a mirror to assist. For Demodex infection, also clean the eyebrows and any facial hair, and use shampoo with tea tree oil for the rest of your hair. If you have acne or rosacea (dilated capillaries around your eyelids, nose or cheeks), you should use the cleanser on the whole face, chest or back, depending on affected areas. Some of our recommended brands are available for sale at the front desk.

Blephadex
Ocusoft
Ocusoft Plus
Ocusoft Baby
Bruder Eyelid Cleanser
Sterilid
Oasys Lid and Lash

___ Apply medicated eye drops or ointment as directed, usually after any recommended eye compresses, lid massage and / or eyelid cleanser.

___ Start oral Omega 3 supplements. Brands we recommend and often sell at the front desk are Ultra Dry Eye and Maxivision tears. If you are taking blood thinners or bruise easily, notify your doctor, since Omega 3 supplements may also cause thinning of the blood and may be contraindicated.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

Provider Contact Information

Family Eye Care & Pediatric Vision Center, PLLC
Melissa Holliman, OD
David Holliman, OD
Brandon Holliman, OD

1203 N. Eastman Rd
Kingsport, TN 37664
Phone: (423) 274-3321
Fax: (423) 247-3631
FamilyEyecareKingsport@gmail.com
Website: DrHolliman.com