

Eyelid Condition - Blepharitis

The Following Information has been Prepared for You:

Blepharitis is a chronic inflammation of the borders of the eyelids that is caused by bacterial infections, clogged oil glands, an allergic reaction, or demodex mites. It causes a pinkish eyelid margin, scaly or oily skin at the base of the eyelashes, dandruff flakes on the lashes, loss of lashes or ingrown lashes, crusty mucus at the base of the lashes, or recurrent stytes. The eyelid margins may be swollen, tender, burning, or itchy. It may feel that something is in your eye when you blink. It can cause or exacerbate dry eye syndrome. Additional symptoms include excess tearing, blurred vision, and light sensitivity. Blepharitis is commonly managed by simple cleaning techniques. The use of special eyelid cleansers and wipes, rubbed carefully along the eyelash areas, can clean the area, kill bacteria or demodex mites and reduce symptoms. In some cases, your eye doctor can prescribe ointments or eyedrops to reduce the risk of infection and inflammation. Oral antibiotics are used on occasion. In-office topical treatment for stubborn cases may be recommended.

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 recommend any combination of the treatments below. Please follow the recommendations 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:	

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