



Eyelid Condition - Myokymia (Eyelid Twitch)

The Following Information has been Prepared for You:

Facial Myokymia is when a muscle spasm involuntarily and repeatedly in the face, causing a "twitching" sensation. It usually involves an eyelid and may temporarily affect vision.

Myokymia will eventually resolve on its own without treatment, but the following treatments may be helpful:

1. Ensure you have adequate lighting for all visual tasks
2. Ensure you are wearing updated glasses. If you do not have eyeglasses, schedule an appointment with your eye doctor to determine if you need them.
3. Get adequate sleep. Poor sleep & irregular sleep patterns can cause myokymia. Sleep apnea can cause abnormal fatigue, so if you suspect you may have this, discuss it with your doctor.
4. Avoid excess caffeine. Caffeine is found in many diet pills, metabolism boosting medications, cold medications, energy drinks, coffee & tea.
5. Check prescription medication side effects - if they list muscle spasms as a side effect, the myokymia may be due to them. Discuss this with your doctor.

During bouts of myokymia, apply cold compresses to the affected area. You may also take oral Benadryl, which has been shown to be helpful.

Blepharospasm is a condition that is much more severe than myokymia. It is not just a twitch, but a full & prolonged contraction of the muscles around the eye. It may look like you keep blinking forcefully. In some cases, it may be difficult to open the eyes during a blepharospasm. If you experience this, talk to your eye doctor. Some medical conditions, such as Tourettes' cause blepharospasms. Botox injections in affected muscles are often employed to treat this type of muscle spasm.

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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