

LID HYGIENE FOR BLEPHARITIS

Blepharitis is an inflammatory condition of the eyelids. Oils and other products which are normally secreted by the eyelids, build up on the lid surface and eyelashes resulting in symptoms of eye irritation and often redness. Though we often must use a combination of many forms of treatment including antibiotic pills and antibiotic ointments, the mainstay of the therapy is always careful cleaning of the eyelids and lashes to remove the irritating substances.

To obtain best results, please follow the instructions listed below preferably two to four times per day in the first week. Remember, blepharitis is a skin condition that may be with you a lifetime. The treatment is aimed at minimizing your symptoms and making you more comfortable. Regular lid hygiene should become a part of your daily routine.

1. **Warm Compresses-** Soak a clean wash cloth in water as warm as the lids can stand and then apply it to the closed lids for five minutes. You may need to warm your cloth repeatedly.
2. **Lid Scrubs-** Following the warm compresses, an innocuous soap such as “**No More Tears**” baby shampoo should be used. Take the cap off the bottle, put one drop of shampoo in the cap and fill the cap with warm water. Then with this warm soapy water, take a Q-tip or tip of a warm washcloth and scrub the lids, with the eyelids closed. Scrub with horizontal left to right motion. Rinse thoroughly with water. This will remove the debris from the eyelids and eyelashes. If debris remains, as it frequently may be observed early in the treatment period, a Q-tip may be utilized again to scrub between the lashes.

Having followed the steps outlined above, you should expect the redness and irritation to be improved within two to eight weeks of starting treatment. Decrease the frequency to one to two times per day for maintenance. **To stop treatment all together will result in recurrence of problems.**

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