

EYELID HYGENE FOR BLEPHARITIS

Blepharitis is a condition wherein excessive oil is produced by eyelash follicles and glands in the eyelids. These secretions collect on the eyelid margin and eyelashes and are an attractive site for bacterial growth. This, then, results in irritation and inflammation of the eyelid margins and eyelids and often times in irritation of the eyes as well.

Episodes of blepharitis may be brief and rapidly responsive to treatment, but in many instances, it is chronic or recurrent.

Eyelid hygiene or the manual cleaning of the oily secretions off of the eyelid margins is an important part in the treatment of this condition.

INSTRUCTION

The following information explains the procedures which should be used to treat your eyelid disorder. Please follow the CIRCLED instructions in the order in which they appear, and perform them with the frequency indicated at the conclusion of the instructions.

- 1. WARM COMPRESSES:** Place a clean washcloth in a basin of warm water, wring out, and apply it to your closed eyes for a total of 15 minutes at each session. As the washcloth cools, place it back in the basin, re-warm, and replace it on your eye, so that a warm washcloth has been on your closed eye for a total of 15 minutes. The water should be warm but not so hot that it burns your skin.
Perform this _____ times daily to LEFT, RIGHT, BOTH eye(s).
- 2. EYELID SCRUBS:** Baby shampoo is diluted (one part baby shampoo to six parts water) and used to wash your eyelids and eyelid margins. A cotton ball or clean wash cloth should be immersed in the solution and then used to gently clean the closed eyelids, being careful to include the eyelashes and eyelid margins, the areas which require the most thorough cleansing. (The eyelid margin is the area where the eyelashes enter the eyelid.) Follow by rinsing with cold water. Perform this _____ times daily to LEFT RIGHT BOTH eye(s). This is preferably done upon awakening and just prior to going to bed at night.
- 3. OINTMENT APPLICATION:** The antibiotic ointment should be applied to the eyelid and eyelid margins. (The eyelid margin is the portion of the eyelid from which the eyelashes originate.) Be certain to apply the ointment to the base of the eyelashes. Apply _____ daily to eyelids of LEFT RIGHT BOTH eye(s).
- 4. INSTILL EYE DROPS** _____ times daily in LEFT RIGHT BOTH eye(s).
- 5. PERFORM FOR** _____ weeks.