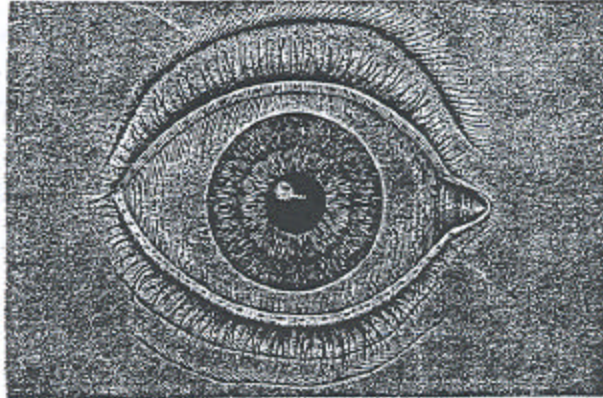


## INFORMATION AND INSTRUCTIONS ON BLEPHARITIS

### WHAT IT IS

Blepharitis is a disorder of the border of the eyelid, the lid-margin ... the area from which the eyelashes grow. This is a common problem and usually occurs in people who have a tendency toward oily skin and dandruff. It may be caused by some external irritation or infection, or both.



In the most common form of blepharitis the lids are red and somewhat swollen and scales form at the base of the lashes. As the scales become coarser, they form crusts which may cause the lids to stick in the morning. If not



treated, the condition can become worse and spread to other areas of the eye, causing a more serious condition. Bacteria can infect the margin and tiny, crusty ulcers may form, which in time, can cause loss of the eyelashes.

### WHAT CAN BE DONE ABOUT IT

Blepharitis is a stubborn problem. Controlling it will depend on the severity and cause of your condition and how well you follow and continue your physician's instructions.

Keeping the affected area clean and good personal hygiene are very important in keeping the blepharitis under control. Even mild cases can be difficult to cure permanently; the problem tends to come back when you stop treatment.

## TREATMENT OF BLEPHARITIS

Once blepharitis is diagnosed, it is important that you follow the doctor's instructions carefully. Before you start the treatment, wash your hands before touching the eyelids.

### USE WARM COMPRESSES

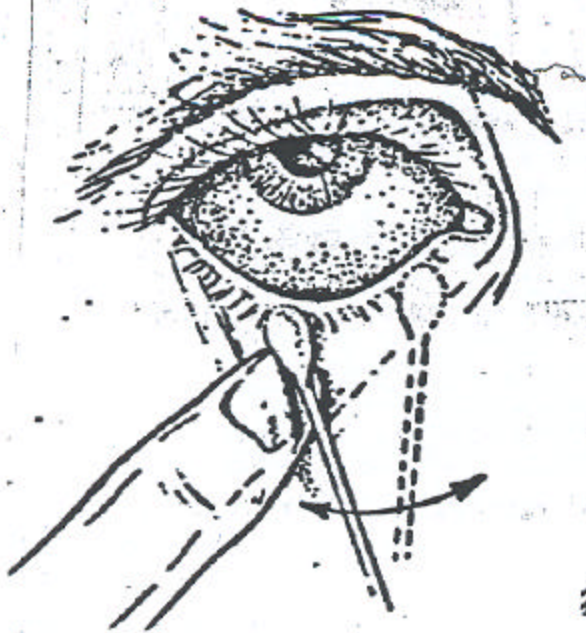
1. Use hot water from the faucet, or heat a pan of water until hot to the touch, but not hot enough to burn.
2. Place clean facecloth or other clean cloth in hot water.
3. Wring out cloth slightly so that it is warm and moist (like a barber's towel).
4. Place over closed eye.
5. Repeat dipping in hot water and wringing out whenever cloth becomes cool.
6. Continue for 20 minutes.
7. Repeat for a total of 4 times a day.

### SCRUB THE EYELIDS

You will need four clean cotton tip applicators. Use a new cotton tip applicator for each eyelid, lower and upper, in both eyes.

1. Wet a clean cotton tip applicator with water or a half and half mixture of baby shampoo and water as directed.
2. Gently hold upper lid up, as shown in illustration. If you are doing this yourself, use a mirror and look straight ahead. If you are doing this for someone, have the person look down as you work on the upper lids.
3. Rub the cotton tip applicator over the area where the eyelashes grow out of the eyelid. This should be done for one minute on each eyelid.
4. Use a clean cotton tip applicator each time, and follow the same procedure for each of the four eyelids. When scrubbing the lower eyelids, gently hold the lid down, as shown in the illustration.

Try to avoid letting any of the crusting fall into the eye. Avoid striking the eye with the applicator while scrubbing.



LOWER



UPPER

#### APPLYING THE OINTMENT

If an ointment is prescribed by the doctor, place a small amount ( $1/8$ " -  $1/4$ " ) of ointment on a clean Q-tip. Place the ointment on the edge of lids, at base of lashes where you scrubbed. Rub the lids with the Q-tip until the ointment disappears into the skin of the lid margin or at least until the lids are no longer greasy or oily.

## SYMPTOMS

The symptoms of blepharitis include:

1. Red, inflamed, puffy eyelid.
2. Sore eye.
3. A crusting of the skin around the area where the eyelashes grow.
4. Recurring redness of the eye or eyelid.
5. Frequent sties or lumps on the eyelid which come and go.
6. Burning of the eyes.
7. Eyelids sticking and crusting together in the morning.
8. Loss of eyelashes.