BUNBURY & BUSSELTON EYE SPECIALISTS

PATIENT INFO AND ADVICE

What is eyelid margin disease (BLEPHARITIS)?

Eyelid margin disease is a common and persistent inflammation of the eyelids and is called blepharitis. This condition frequently occurs in people who have a tendency toward oily skin, dandruff.

What are the symptoms of blepharitis?

- Eye and eyelid irritation;
- Itchiness of the eye;
- Redness of the eye;
- Dry eyes;
- Burning sensations.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but in some people, bacteria thrive in the skin at the base of the eyelashes forming dandruff-like scales.

Blepharitis is also associated with a dysfunction and inflammation of the oil glands of the eyelids (called meibomian glands which are just behind the eyelashes). These glands are vertical.

How is blepharitis treated?

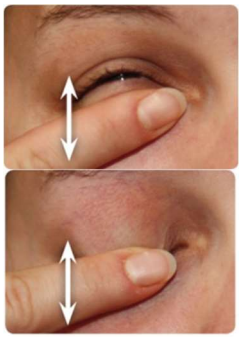
Blepharitis is a chronic condition but can be controlled with **continuous** use the following 3-step treatment:

Step 1. Eyelid warm compress:- Warm your face and eyelids in the shower.

Step 2. Eyelid massage and scrub.

A) Firm vertical massage of the eyelid margin is required to treat the oil gland dysfunction (Meibomian glands)

B) Gently scrub the base of your eyelashes for about 15 seconds per eyelid.



Step 3. Eyelid wash after massage of the eyelid washing with an antidandruff shampoo (ie TGEL neutrogena) helps remove the scales and oil from the eyelid.

Disclaimer: This leaflet is intended to provide general information only. It should not be used for diagnostic or treatment purposes. Please consult with your healthcare provider for guidance about any specific medical conditions.

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