



BLEPHARITIS

Blepharitis is a chronic inflammation of the eyelids (particularly the glands of the eyelid margins) which may cause irritation, redness, itching and burning of the eyelid margins and occasionally red eyes.

Blepharitis can begin in early childhood and may continue throughout life as a chronic condition or it may develop later in life. It is a stubborn problem which has no specific cure but it can be controlled with a careful, regular program designed to clean the lids and remove excess oil.

Treatment

Treatment may take 3-4 weeks to work and is required long term, however with less frequency.

Lid Hygiene

Consistent lid hygiene is necessary due to the long term nature of this condition.

The following regimen should be done every morning:

- Wash your hands thoroughly
- Apply a compress (such as a face washer) soaked in warm water to the closed eye for several minutes. This will soften and loosen the oily secretions.
- Fill a small glass with warm water
- Add 3 drops of baby shampoo
- Soak a cotton ball in solution
- Gently scrub both eyelids with eyes closed
- Rinse with water water
- Gently dry with clean towel

Antibiotics

In more severe cases Antibiotic creams and tablets may be necessary.

Omega 3 derivatives

It has been suggested that as a dietary supplement to improve the composition of oils within your eyelid glands and skins that you take Flaxseed Oil – ONLY USE IF YOU STILL HAVE YOUR GALL BLADDER. A good source of this is Fish oil tablets.

Eye lubricants

If the main symptom is a gritty sensation, then frequent use of simple eye lubricants will help.