

## **Blepharitis Treatments**

Blepharitis is a common, chronic, and persistent inflammation of the eyelids which may cause symptoms of irritation, burning, itching, and mild discharge. Blepharitis occurs when a low-grade staph bacterial infection of the glands within the eyelid combine with gland dysfunction, resulting in thick and irritating secretions. Blepharitis can be a stubborn problem, but it is not vision threatening. It can be controlled with any one or more of the following regular programs of eyelid hygiene. Please note that with any form of lid hygiene treatment, your eyes should not be squeezed tightly shut, but closed gently as if you were sleeping.

**This cleansing routine should be done at least twice a day for six weeks, then weekly or as needed.**

### **1) HypoChlor**

HypoChlor is a sterilizing, anti-microbial spray solutions that may be used as a stand-alone lid hygiene treatment, or in addition to other blepharitis treatments. To use HypoChlor, spray two pumps on a cotton make-up pad (*sold at any local pharmacy*), gently close the eyes, and wipe the Hypochlor soaked pad across the upper and lower eyelids 4-5 times per eye. You may then flip the pad over and repeat the steps for the other eye.

### **2) Traditional Lid Hygiene - Soak the eye with Warm Compresses**

Traditional lid hygiene treatment involves the use of hot compresses to clean the eyelids. To use, you may wet a clean washcloth with warm water (*not so hot as to burn*), wring it out, and place over your closed eyelids for 3-5 minutes. You may re-wet the washcloth as necessary to maintain the desired temperature.

### **3) Other Lid Hygiene**

Other lid hygiene methods involve brushing the eyelids in a horizontal or vertical direction after warm compresses to loosen and remove debris. This should take approximately 30 seconds for each eyelid. Afterwards, rinse your closed eye with cool water and dry gently with a clean towel. The easiest method is to simply use the washcloth from the warm compress to gently clean the edges of the closed eyelids after soaking. A more effective method is to use a pre-moistened, non-prescription commercial eyelid cleaning pad (OcuSoft Lid Scrubs), to wipe away debris from blepharitis.

### **3) Antibiotic**

Some people may benefit from prescription antibiotic drops (AzaSite or Zylet), an antibiotic ointment (Erythromycin or Bacitracin), or an oral antibiotic (Doxycycline).

If using the antibiotic ointment: Once the lid cleaning regime outlined above has been completed, wash your hands thoroughly and apply the ointment to the edge of the upper and lower eyelids. It is OK if the ointment gets in the eye, as they are specifically designed for the eye, but the ointment may blur the vision and should be used only at night, just before going to bed.

### **4) BlephEx**

BlephEx is a procedure which utilizes a cleansing device to exfoliate the eyelids and remove bacteria and debris. The procedure is performed in our office, and typically takes 10-15 minutes. BlephEx is well tolerated by patients with the use of a topical anesthetic, and is often described as a "tickling sensation". BlephEx typically reduces and/or eliminates symptoms of irritation, burning, itching, and low-grade discharge for approximately two to six months, and may be repeated as necessary.