

Blepharitis

Blepharitis is a dandruff-like condition of the eyelashes that is common to many of us. Blepharitis often causes itchy, red, irritated, watering eyes, and bad enough cases can cause occasional blurry vision.

The best thing to do for blepharitis is to keep the eyelashes and eyelids very clean. Because blepharitis is a chronic condition (a long lasting problem), good lid cleanliness needs to be practiced by the patient on a regular basis and probably for years. Here's how:

LID SCRUBS...You need a clean cloth, baby shampoo and very warm water.

1. Get washcloth wet with hot water.
2. Hold this cloth over both eyes until it cools. This will loosen the dandruff-like debris from the eyelashes.
3. Put a little baby shampoo on the washcloth. Rub to get it to "suds" up.
4. Gently scrub with the soapy washcloth at the edge of the eyelid where the lashes grow out. Scrub with eyes closed about 10 times back and forth. Rinse well before opening eyes.

A good plan is to do this every morning for a week. After the first week, many patients can control the blepharitis by using suds from their head while shampooing their hair. Suds can be brought down to the eyelids for scrubbing. Usually doing this 3-4 times per week is adequate to keep the condition under control.

Use "NO TEARS" type baby shampoo such as Johnson's Baby Shampoo or ask your private pharmacist for blepharitis treatment solutions such as I-Scrub brand (usually around \$10 per bottle).

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Patient Education Codes:
EYE-DP and EYE-TX