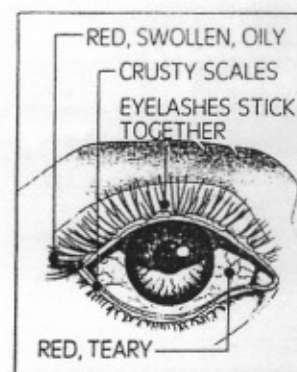


Treating your Blepharitis



BLEPHARITIS: WHAT IS IT?

Blepharitis is a common, sometimes recurrent, and often contagious disorder of the eyelid (specifically, the area of the lid where the eyelashes grow). Your eyelids may be inflamed and irritated and may itch. Your eyes may be red and teary. Usually with blepharitis, lids become swollen and oily and may have crusty scales at the base of the eyelashes. Sometimes the lids can become so crusty that they stick together in the morning. Blepharitis can be caused by a number of factors including irritation, infection or allergy. Generally it occurs in people who tend to have oily skin and dandruff. Bacteria can live in the excess oil, proliferate and secrete toxins.

INSTRUCTIONS FOR CARE OF BLEPHARITIS

1. Soak a clean face-cloth in very warm water (not too hot--don't burn yourself).
2. Squeeze out the excess water.
3. Close your eyes and press the folded face cloth lightly against your eyelids. Keep it there until you feel it begin to cool off. Then remove it and repeat steps 1 to 3 until both eyes have soaked for NO LESS THAN TEN MINUTES.
4. Rinse the face cloth with warm water and squeeze out the excess water. Place about one teaspoon of Johnson's Baby Shampoo in the center of the unfolded cloth and rub it in, forming a good lather.
5. Wrap a portion of this soapy cloth around your index finger and use it to shampoo and scrub your eyelids at the point where the eyelashes join the eyelid. Do this with your eyes closed--one eye at a time. Wash both the upper and lower lids.
6. Rinse the soap from your eyelids with warm water.
7. Do this _____ times a day.
8. If your doctor has prescribed an ointment for you to use, use it as follows: Place a small amount of the ointment (about 1/2 inch) on the index finger and spread it on your upper and lower eyelids at the point where your eyelashes meet your eyelid. Use this ointment at bedtime after first cleansing your eyes as instructed above.

Blepharitis

3. Moisten a cotton ball, clean cloth or lint-free pad in the solution and then gently scrub the eyelids for about two minutes. Your eyes should not be squeezed tightly shut, but closed softly as if you were sleeping.
4. Looking into the magnifying mirror, gently use a Q-tip moistened in the cleansing solution to brush the scales away from the eyelids. You can brush either in a horizontal or vertical direction, as long as the granular debris trapped in the eyelashes is effectively loosened and removed. This procedure should take approximately half a minute for each eyelid.
5. Thoroughly rinse your eyes with cool tap water and dry gently with a clean towel.
6. Discard any cleansing solution left in the small glass and rinse it clean.
7. If medication has been prescribed, it should be applied to the eyes and/or eyelids along the lashes, following your ophthalmologist's instructions.

Will medication help?

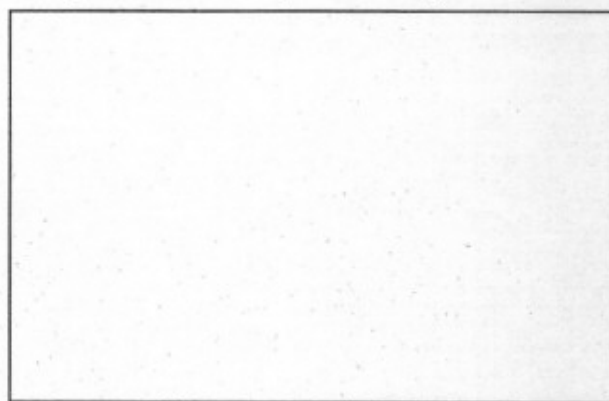
Many medications are available for the treatment of blepharitis, including antibiotics and steroid (cortisone) preparations in drop or ointment form. While cortisone medications often hasten relief of symptoms, long-term use can cause some harmful side effects.

Once the acute phase of the condition is overcome — a process which may take several weeks — milder medications, if any, may be helpful to control your blepharitis. However, medications alone are not sufficient; **the daily cleansing routine described above is essential.**

Why are regular medical eye examinations important for everyone?

Eye disease can occur at any age. Many eye diseases do not cause symptoms until damage has occurred. Since most blindness is preventable if diagnosed and treated early, regular medical examinations by an ophthalmologist are very important.

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Printed 9/94

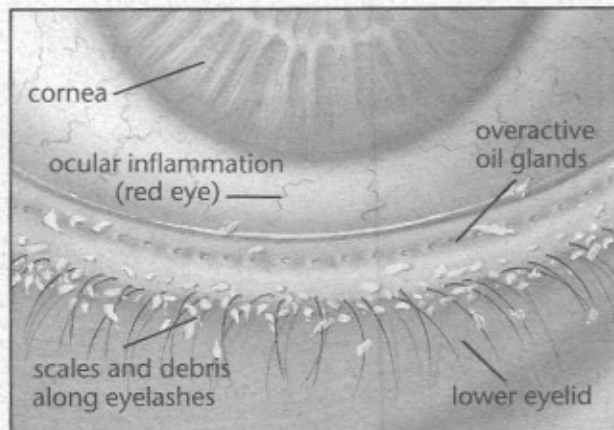
Blepharitis

What is blepharitis?

Blepharitis is a common and persistent inflammation of the eyelids. Symptoms include irritation, itching, and occasionally, a red eye.

This condition frequently occurs in people who have oily skin, dandruff, or dry eyes. Blepharitis can begin in early childhood, producing "granulated eyelids," and continue throughout life as a chronic condition, or develop later in life.

Bacteria reside on the surface of everyone's skin, but in certain individuals they thrive in the skin at the base of the eyelashes. The resulting irritation, sometimes associated with overactivity of the nearby oil glands, causes dandruff-like scales and particles to form along the lashes and eyelid margins.



In blepharitis, both upper and lower eyelids become coated with oily debris and bacteria near the base of the eyelashes. The eye feels irritated and may become inflamed. Regular, thorough cleansing of the lid margin helps control blepharitis.

For some people the scales or bacteria associated with blepharitis produce only minor irritation and itching, but in others they may cause redness, stinging or burning. Some people may develop an allergy to the scales or to the bacteria which surround them. This can lead to a more serious complication, inflammation of the eye tissues, particularly the cornea (the clear "front window" of the eye).

How is blepharitis treated?

Blepharitis can be a stubborn problem. Although there is no specific cure, it can be controlled through a careful, regular program of hygiene. First, you should obtain the necessary equipment:

- A concave or "cosmetic" mirror (available in most drug stores);
- Cotton balls, a clean washcloth or commercial lint-free pads;
- Cotton-tipped applicators ("Q-tips");
- A mild baby shampoo, soap which doesn't sting the eyes, or a commercial eyelid cleansing solution;
- A small, clean glass or jar.

The cleansing routine below should be followed at least twice a day at first; perhaps less often as the condition improves.

1. Take a clean washcloth, wet it with warm water, wring it out and place it over your closed eyelids for five minutes. This will help to soften the crusts and loosen the oily debris. Rewet as necessary to maintain the desired temperature.
2. If you are **not** using one of the ready-made eyelid cleansing solutions, prepare your own by filling the small glass or jar with 2-3 ounces of warm water and adding three drops of baby shampoo.

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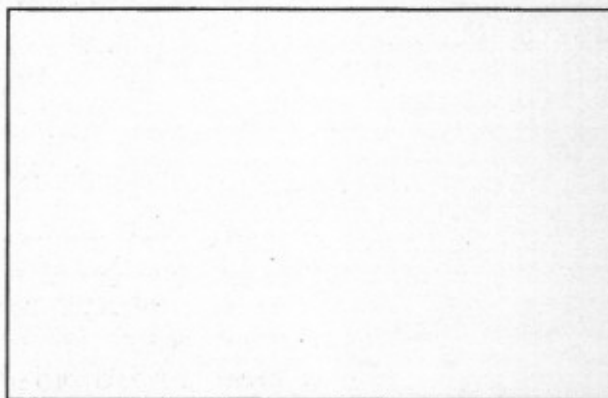
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