



## **Blepharitis/Meibomitis**

This is a condition of the eyelashes and eyelids that can cause itching, redness, irritation, burning, blurred vision, and/or eye pain. This condition can be associated with dry eyes. Blepharitis is due to accumulation of dry and/or dead skin cells in the eyelashes. Sometimes bacteria on the skin can infest the eyelashes and aggravate the condition. This condition can be temporary, or it can recur chronically. The following treatment may need to be continued indefinitely or only intermittently when your symptoms flare up.

### **Warm Soak of the Eyelids:**

1. Wash your hands thoroughly.
2. Moisten a clean washcloth with warm water.
3. Close eyes and place washcloth over eyelids for 10 minutes, rewetting the cloth as needed to keep it warm.
4. Repeat 2 – 4 times daily.

### **Eyelid/Eyelash Scrubs:**

1. Wash your hands thoroughly.
2. Mix ½ cup warm water and 1 capful of baby shampoo, or use commercially available lid scrub wipes recommended by your eye doctor.
3. Look in the mirror and pull your eyelid down with a finger. Using a clean Q-tip (a different one for each eyelid), rub the solution back and forth across the eyelashes and edge of the eyelid 20 times. Do not get the solution in your eye.
4. If you use a commercially available lid scrub wipe, follow the package directions to clean your lashes and the edge of your eyelids.
5. Rinse with clear, warm water.
6. Repeat with all four eyelids.



Meibomitis/blepharitis is a condition where the glands in the eyelids near the eyelashes become plugged with oil. The glands normally produce free flowing oil, but when diseased, produce unhealthy waxes/oils that can cause the glands to become plugged.

Warm compresses can help relieve symptoms.

In addition, your doctor may prescribe topical Azithromycin (Azasite) to help treat the condition. Use Azasite two times daily for five days, then once daily for the amount of time prescribed (usually 4-6 weeks). Sometimes patients need to be on this medication intermittently for months or even years. Topical steroids may also be prescribed to help the inflammation. Dry eye treatment may be indicated.