

Blepharitis

Blepharitis is a chronic and frequent condition of the eyelids that occurs when dandruff-like debris builds up along the base of the eyelashes. Blepharitis can also plug the oil glands responsible for producing the protective layer of tear film. Blepharitis can often be associated with chalazion, stye, or hordeolum formations. Blepharitis will cause symptoms that include a sandy, gritty sensation with occasional burning and tearing.

INITIAL CONSERVATIVE TREATMENT INCLUDES:

WARM COMPRESSES OR OCUSOFT DRY EYE MASK

Apply warm washcloth 1-3 times a day for 5-10 Minutes. Keep the compress warm.

EYELID MASSAGE

With your eye closed, push up on the lower lid and down on the upper lid.

BABY SHAMPOO OR OCUSOFT EYELID SCRUBS

Apply few drops of baby shampoo on a soft baby size washcloth. Scrub the base of the eyelashes with the eye closed and then rinse. Do one eye at a time.

ARTIFICIAL TEARS

Apply artificial tears throughout the day as needed for comfort. Systane, Refresh, Soothe and TheraTears are examples of artificial tears sold over the counter.

If symptoms do not improve in 1-2 weeks, please make an appointment with Dr. Alessio. There are more treatment options for people that do not improve with conservative treatment.

Blepharitis does not cause significant vision loss, eye pain, or discharge. If you experience any of these symptoms please notify us immediately so that you can be reevaluated. Please call our office with any questions.

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ALESSIO EYE MD



The Health of Your Eyes is Our Focus

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