

Blepharitis

Blepharitis is chronic inflammation of the eyelids.

They may appear red, swollen, or feel like they are burning or sore. You may have flakes or oily particles (crusts) wrapped at the base of your eyelashes too.

Blepharitis is very common, especially among people who have oily skin, dandruff or rosacea.

Treatment consists of consistent lid hygiene.

Warm Compresses:

You can use a warm wet washcloth, a commercial compress product, or even a sock with rice and beans that you put into the microwave for 30 seconds. Replace the sock every month due to the potential for mold over time. A bead mask that you can warm in the microwave works well. You can find these at any pharmacy or department store in the beauty section.

Lid Scrubs: Use a drop of baby soap (or other mild cleanser) and dilute it in some warm water. Using a cotton swab scrub at the base of the lashes to remove any debris. Rinse the eyelid with warm water to remove any cleanser residue. Do this twice per day.

Lid Massage: After warm compresses gently massage downward from the eyebrow to the upper lash line several times in a sweeping motion. Repeat this process moving upward from the cheek bone to your lower lash line. This helps move the warmed oil in your eyelid onto the surface of your eye. Use caution not to poke yourself.

Artificial Tears: 1 drop in each eye at least four times per day. Put a drop in before near or distance tasks (reading, driving, etc.) Avoid Visine or Similisan. Brands like Systane, Retaine, Refresh, and Theratears are recommended but store brand lubricants can be just as effective when used consistently.

Omega 3 Supplement: Sardines, Salmon, Flaxseed Oil, Krill Oil, or Fish Oil

