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PATIENT INFORMATION

BLEPHARITIS

Blepharitis is inflammation of the rims of the eyelids, which causes them to become red and swollen. It responds well to simple treatment that may need to be in built as a daily regime. In most cases both eyes are affected, but one eye can be more affected than the other. The symptoms tend to be worse in the morning.

Symptoms of Blepharitis

- Redness and soreness of the eyelids
- Tiny flakes like dandruff at the bottom of the eyelashes and build up.
- Sensation that there is something in the eye
- Dryness or discomfort of the eyes
- Blurring of vision

Treatment

The treatment for Blepharitis can vary and you will be provided with bespoke guidance. It is important that you follow the treatment guidance provided for the duration we have advised. This may be a combination of ocular lubricants and eye lid bathing.

Ocular Lubricants

- Thealoz Duo eye drops _____ x each day
- Betnesol Ointment _____ x each day
- VitA Pos Ointment _____ x each day

Warm Compression
This method melt the oily secretion (discharge) blocking the opening of the glands

- Use an Eyebag
- Follow the instructions in the leaflet regarding heating time in the microwave.
- Place the Eyebag on closed lids for 10 minutes, black side first and then the silver side.

Eyelid Cleansing

- Blephraclean wipes _____ x each day
- Blephrasol with cotton pads _____x each day

Start from the inner corner moving onwards. Repeat four times. Wipe along the upper lid. Start from the inner corner moving outwards. Repeat four times.

Supplements: Omega 3

- Flaxseed Per instructions
- Hyabak Caps 2 x each day with meals