

Blepharitis

What is it?

- **Blepharitis** – inflammation of the eyelids, a common disorder and may be associated with a low grade bacterial infection or a generalized skin condition, often difficult to manage because it tends to reoccur
 - **Anterior Blepharitis**- affects the outside front of the eyelid where the eyelashes are attached, the two most common causes are bacteria and scalp dandruff
 - **Posterior Blepharitis**- affects the inner eyelid, caused by problems with the oil glands in the eyelid; two skin disorders are the cause of scalp dandruff and acne rosacea



Signs and Symptoms:

- **Symptoms**- eye irritation, tearing, burning, foreign body sensation, crusty debris (in the corner of the eyes, on the lids or in the lashes), red eyelid margins, dryness, eyes feel dry

Recommendations:

- **Treatments**- warm compresses to the eyelids, cleansing them, using an antibiotic, massaging the lids, cleansing the eyelids is essential
- **Chronic Blepharitis**- expect to keep up therapy for a long period of time, if you wear contact lenses you may have to stop wearing them during the treatment



What can I do?

- **See your Health Care Provider**- for treatment; artificial tears, lubricating ointments, silicone punctual plugs, sometimes steroids are used to control inflammation, discuss all treatments with you health care provider
 - **Bacterial**- loss of eyelashes ectropion, dilated and visible capillaries, trichiasis, thickened lid margins, the lower third of the cornea may exhibit significant erosion

