

OAKLEIGH EYE CENTRE

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BLEPHARITIS

Blepharitis is a common condition which causes long term inflammation of the eyelid margins and lashes, and is often accompanied by redness of the eyes.

The **symptoms** of blepharitis include **red eyes, itching, burning, crusting** and **swelling**.

The abnormality occurs at the glands which line the eyelid margin. These become chronically infected and inflamed causing the above symptoms. Bacteria can also cause blockages of the glands and lead to “styes”.

TREATMENT

The first line of treatment is lid cleaning and hygiene. Wash the eyelids and lashes with warm water daily. A clean cotton bud could be used for this. Sometimes using a warm face washer applied over the eyes as a “hot pack” for a minute or two helps to loosen up the oily debris and crusts and makes cleaning easier. This simple treatment aims to reduce the number of bacteria and keep lids glands open.

If this fails to dislodge the crusts then you can use a dilute solution of baby shampoo. Simply dilute 1 part of baby shampoo to 10 parts of water. There are also commercial products called Lid Care (or similar) available from the Pharmacy.

The second line of treatment includes antibiotics and cortisone drops or cream. This alters the balance of bacteria in the lids, reducing inflammation. Sometimes artificial tear drops may be needed if there is an associated dry eye syndrome.

The third line of treatment includes oral antibiotics (tetracyclines). These need to be used for several months at a low daily dose.

SUMMARY

Blepharitis is a common chronic annoying condition, which is not dangerous to your eyes' health. Treatment is simple but needs to be long term. With this treatment Blepharitis can be controlled.