

What causes blepharitis?

- Occurs in patients with a tendency for oily skin/dandruff
- Bacterial overgrowth due to increased oil production causes the dandruff-like scales
- Affects people of all ages

What are the symptoms of blepharitis?

- Grittiness
- Burning sensation
- Excessive tearing
- Itching
- Redness
- Swollen eyelids
- Crusting of the eyelids
- Most common in dry eyes



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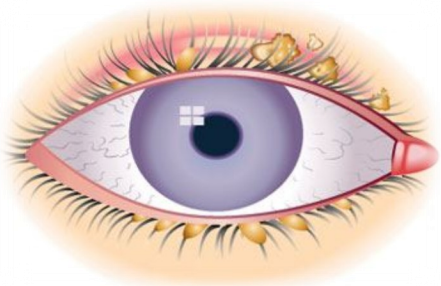


Blepharitis
&
Styes

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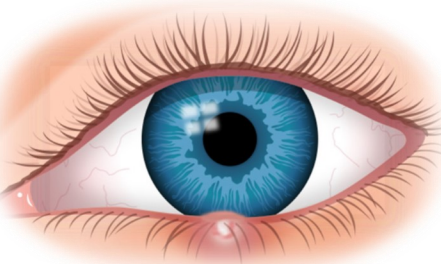
What is blepharitis?

Blepharitis is an inflammation of the eyelids causing red, irritated, itchy eyelids and the formation of dandruff-like scales on the eyelashes.



What are styes?

When the glands around the eyelids which produce oil become inflamed, they can form a red bumps known as stye, chalazion or hordeolum.



Treating blepharitis: Warm compresses

Bruder Mask

\$30 Sold here and www.bruder.com
Proceeds go to charity.

Self-hydrating, no need to add water, naturally anti-bacterial, soft adjustable strap, washable and reusable, non toxic-latex free



Microwave for 20-25 seconds and apply for 10 minutes.

Rice in a sock

\$0



Add uncooked dry rice into a clean sock.

Tie a knot on top.



Microwave for 20 secs for 5 mins of heat. Re-warm for 10 mins total warm compress.

Replace monthly.

Treating blepharitis: Lid scrubs

Helps to reduce bacterial over-growth and remove dandruff.

Three methods:

Foam Cleanser



Medicated Pads



Baby Shampoo



Add 1-2 drops of baby shampoo to a cup of warm water.



Dip a clean cotton ball in and scrub the lash base for 15 seconds per lid.

Treating styes

- Warm compresses 4-6x daily and lightly massaging the eyelids for several minutes every day to promote drainage
- If this fails, antibiotic or anti-inflammatory medications or surgical drainage may be necessary