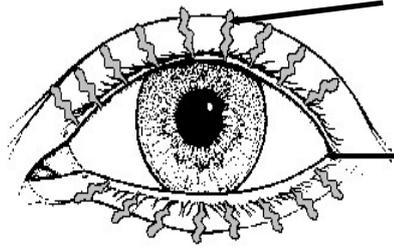


# Blepharitis and Meibomianitis

These are common irritating conditions of the lid margins. This leaflet aims to give you some understanding as to their nature and treatment



40 Meibomian glands located within the lids, secrete oils on to the eye. These can become blocked and inflamed.

The eye lashes naturally harbour a normal bacterial flora, but these may become excessive or the type of organism may change to a more harmful type.

## Blepharitis

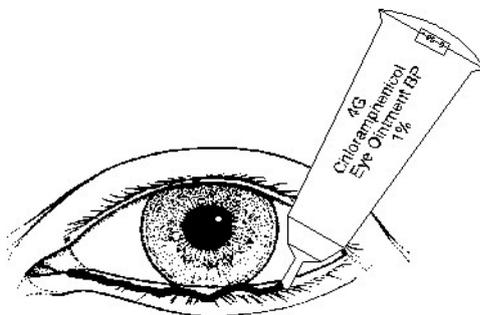
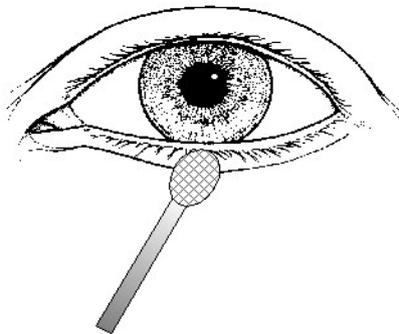
This common condition producing dry scaly flecks of skin which stick to the eye lashes and can be seen as crusts. This is very much a local eczematous dermatological disease of the lid margin akin to dandruff. These scales provide food for the bacteria and are often contaminated with large number of bacteria.

**Symptoms:** Itchy, burning sensation of the lid margin and localised redness.

**Treatment:** is aimed at:

1. Removing excessive skin scales by regular lid toilet.
2. Killing the bacteria by applying antibiotic cream to the lid lashes directly.

Intensive treatment needs to be done for at least 3 month and then it is often just necessary to undertake regular lid toilet. It is a recurrent condition which may need further treatment again. In some it is not possible to completely eradicate the condition but just to make the eye lids acceptably comfortable.



## How to do Lid Toilet

1. Wash you Hands
2. Clean all lid margins either
  - a. using a wet cotton bud with Blephasol (Thea - 0845 521 1290) or some dilute baby shampoo.
  - b. An Excellent alternative is to use Lid wipes eg. "Lid-Care Sterile Wipes" (from CIBAVision) or BlephaClean from (0845 521 1290) which are individually sealed sterile eyelid cleansing wipes. You can cut them in two and use one half for each eye. You can continue to use these after this current exacerbation has resolved. Obtainable from



Chemists.

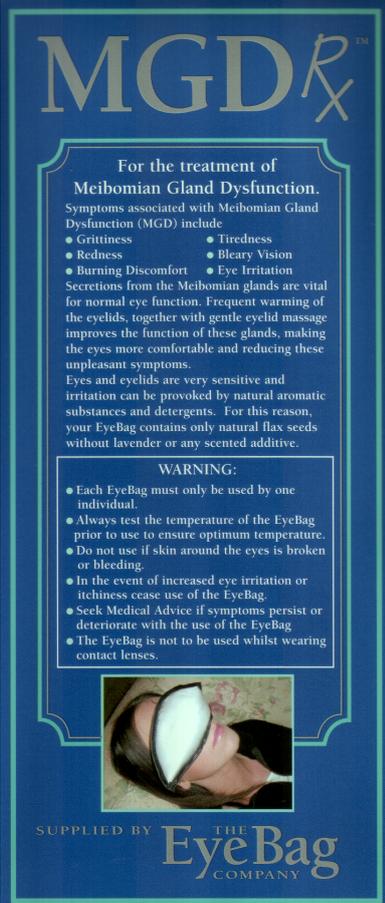
- c. Rub along the lashes to remove all the scales.
  - d. Apply a small amount of Chloramphenicol (I prefer the one form Norton Health care as very soft) or Fucithalamic ointment along the lid margin with a cotton bud and rub it thoroughly into the roots of the lashes. It is often best to do this with the cotton bud.
3. Repeat morning and night for at least 3 months. You may well find regular cleaning becomes part of the daily routine.

## Meibomianitis

This is lid margin inflammation resulting from blocked or inflamed Meibomian glands. The lid margin becomes obviously red and sore. It is often associated with the skin condition of Acne Roseacea. (Rosy cheeks)

### Treatment:

1. Vibramycin 100mg once per day for 3 months then 50mg once per day for a further 3 months. (Erythromycin can be used for those unable to take Tetracyclines eg. pregnant women, those breast feeding or who react to Tetracyclines.)
  - a) Vibramycin (Doxycycline) as with all tetracyclines can increase the sensitivity of the skin to bright sunlight. The incidence of this is from one case in 993 to 3% in the literature thus it is quite rare. However it is advised that if you are taking Vibramycin (Doxycycline) and are exposed to sunlight for some time to use an adequate UVA blocking sun screen of at least factor 20 or higher I would advise 45 as this is the maximum available.
  - b) You should test your skin and if photosensitivity reaction occurs, then you should not expose yourself to further sunlight and if necessary report this to yourself or your doctor.
  - c) This particularly applies of course for sunny holidays where I think it sensible to continue the Vibramycin (Doxycycline) but take the above precautions.
2. - Apply warm compresses on to the lids twice per day. eg. using a warm face flannel or The Eye bag microwaveable heat pad. Available from [www.eyebagcompany.com](http://www.eyebagcompany.com) or by mail at Orders, The EyeBag Company Ltd. PO BOX 699 Halifax, West Yorkshire, HX3 0WY
3. Sometimes we use steroid cream on the lids to reduce the inflammation or eczematous reaction. This should be used sparingly and tailed off once the lids have recovered.
4. Artificial tears can help alleviate the discomfort. These may be used as frequently as necessary, but start at 4 times per day.
5. This condition is again a long term condition and once under control may return requiring further treatment.



**MGD<sup>®</sup>Rx**

For the treatment of  
**Meibomian Gland Dysfunction.**

Symptoms associated with Meibomian Gland Dysfunction (MGD) include

- Grittiness
- Redness
- Burning Discomfort
- Tiredness
- Blurry Vision
- Eye Irritation

Secretions from the Meibomian glands are vital for normal eye function. Frequent warming of the eyelids, together with gentle eyelid massage improves the function of these glands, making the eyes more comfortable and reducing these unpleasant symptoms.

Eyes and eyelids are very sensitive and irritation can be provoked by natural aromatic substances and detergents. For this reason, your EyeBag contains only natural flax seeds without lavender or any scented additive.

**WARNING:**

- Each EyeBag must only be used by one individual.
- Always test the temperature of the EyeBag prior to use to ensure optimum temperature.
- Do not use if skin around the eyes is broken or bleeding.
- In the event of increased eye irritation or itchiness cease use of the EyeBag.
- Seek Medical Advice if symptoms persist or deteriorate with the use of the EyeBag.
- The EyeBag is not to be used whilst wearing contact lenses.

SUPPLIED BY THE  
**EyeBag**  
COMPANY