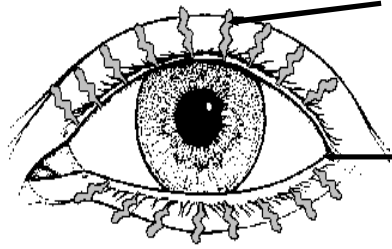


Blepharitis

These are common irritating conditions of the lid margins. This leaflet aims to give you some understanding as to their nature and treatment. Often termed “dandruff of the eye lashes”



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.

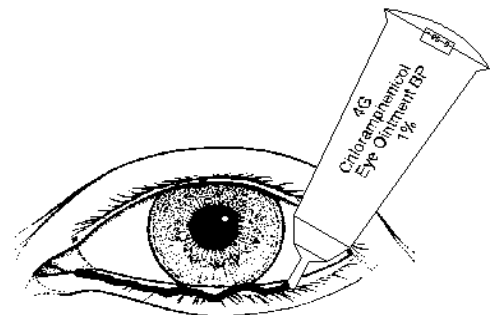
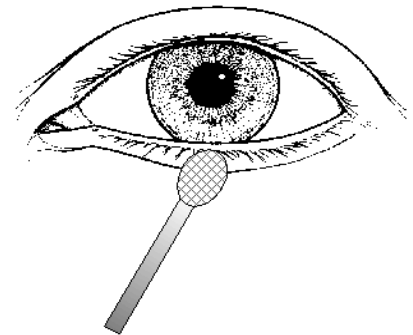
Treatment: is aimed at:

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 Spectrum Ophthalmics (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 and on line from Amazon.co.uk.
 - c. Another alternative is Aqueous solution of Chlorhexidine (Sterets Unisept) which we use in the hospitals. Often called “Pinkie solution”.
 - d. Rub along the lashes to remove all the scales.
3. To Kill the Bacterial that live along and in the eye lashes 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. We usually recommend using the antibiotic ointment for about a month.

Maintenance – Keeping Blepharitis at bay

4. After this just regular eye lid toilet once a day should keep the blepharitis at bay. Lid wipes like the Blephaclean or Lid-Care wipes are very convenient way of keeping the lids clean. Wipe along the lids and lashes. Pull down the lower lid and wipe along the eye lashes **roots** which is where the blepharitis exists.



5. An option that I do favour is after cleaning the eye lids use Blepharogel (Spectrum Ophthalmics (0845 521 1290) which is a new preparation that is applied like eye liner to moisturise and cleanse the eye lashes/lids. It is applied to the lids and the lid margins. It comes in Sachets or a tube. It is safe to go into the eye but may sting a little for a few minutes. Apply with a clean finger or cotton bud and rub along the eye lash roots. This moisturise the lid margins which can get dry with the blepharitis and helps keep the bacterial at bay.



The complete eyelid hygiene system

Blephasol and Blephaclean have been specially formulated to be **FREE** from preservatives, perfumes and alcohol, by Europe's leading independent ophthalmology company to be kind to your eyes and skin.

Blephasol® - A unique mode of action:



- A high tolerance micelle solution
- Lid margin and skin cleansing
- Preservative and perfume free
- Easy to use 100ml bottle, with no need to mix or rinse afterwards

Use Blephasol as directed, usually once or twice a day. Put solution on to a cotton wool pad or gauze and gently wipe along the lower inner eyelid, the upper and lower eyelids and lash area to remove accumulated oily debris and crusted matter from the eyelid and lash area. There is no need to rinse afterwards. Repeat for the other eye using a different pad or gauze.

Blephaclean®



- A high tolerance micelle solution
- 20 ready to use sterile pads
- Hygiene and repair of eyelids and the lid margin
- Preservatives and perfume free
- No need to rinse afterwards
- Hyaluronic Acid to repair eyelid elasticity
- Iris Florentina, Zinc and Vitamin A content. Helps to regulate the sebum secretion and has an anti-inflammatory action.

Use Blephaclean as directed, usually once or twice a day. Simply remove wipe from sachet and gently wipe along the lower inner eyelid, the upper and lower eyelids and lash area to remove accumulated oily debris and crusted matter from the eyelid and lash area. There is no need to rinse afterwards. Repeat for the other eye using a new wipe.

Blephagel® Hypo allergenic gel



Blephagel is a highly efficacious treatment for severe Blepharitis. Blephagel is a perfume free, non greasy gel that properly cleanses eyelids and mucus and crusts congested on eyelash roots. Blephagel's unique formulation refreshes, softens and soothes eyelids without any alteration of the skin's pH balance. Blephagel does contain a preservative.

Use Blephagel as directed, usually before going to sleep. Can be left on overnight and wiped away in the morning. Wash hands and apply the soothing gel to the skin around the eye, the eye lid and eye lid margins. Gently wipe off using a cotton wool pad or gauze. There is no need to rinse afterwards. Repeat for the other eye using a different pad or gauze to wipe away.

Customer Services Helpline: 0845 521 1290

www.spectrumthea.co.uk

9/4/2012 Mr. Lee

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.