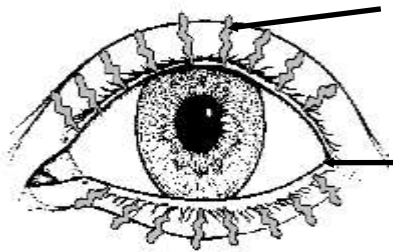


# Meibomianitis

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.

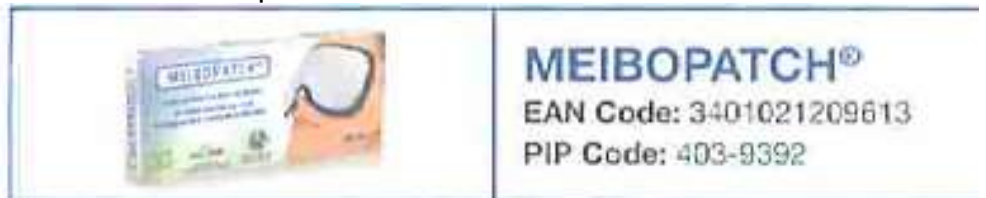
The eye lashes naturally harbour a normal bacterial flora, but these may become excessive or the type of organism may change to a more harmful type.

## 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) Lymecycline, Vibramycin or similar 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 quiet 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) For those allergic to Tetracyclines then Erythromycin 250mg Three times per day for 3 weeks then twice per day for 4 weeks has been shown to be an alternative.
  - c) You should test you skin and if photosensitivity reaction occur, then you should not exposure yourself to further sunlight and if necessary report this to myself or your doctor.
  - d) This particularly applies of course for sunny holidays where I think it sensible to continue the Vibramycin (Doxycycline) but take the above precautions.



An alternative that is new on the market is Meibopatch which has a unique temperature thermometer to check the heat pad is at the correct temperature. [www.visufarma.com](http://www.visufarma.com)

2. - Apply warm compresses on to the lids twice per day. eg. using ideally Sterile Warm Gauze swabs 10cm square or a warm face flannel. The bespoke Microwaveable

EyeBag is a nice alternative. 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 or **Tel 0844 800 0159 or from Amazon about £18.00**

3. Lid gland expression – Compressing the tarsal plate on the lids where the meibomian glands are, will express the meibomian fluid and help the flow. This is useful in small chalazion that you can decompress by pressing them. It is not easy to do oneself, your doctor may well do this for you. But essentially putting a cotton bud on the inner part of the lid and pressing with ones finger on the outer part will express the secretions. Doing this once a week or more can help developing chalazion resolve.
4. Sometimes we use steroid cream +/- antibiotic drops on the lids to reduce the inflammation or eczematous reaction. This should be used sparingly and tailed off once the lids have recovered.
5. Artificial tears can help alleviate the discomfort. These may be used as frequently as necessary, but start at 4 times per day.
6. This condition is again a long term condition and once under control may return requiring further treatment.

### **Blephasteam® and Meibomian Gland Dysfunction**

Blephasteam® is the first convenient eyelid warming device recommended to relieve symptoms of Meibomian Gland Dysfunction and associated diseases such as posterior blepharitis, meibomianitis, ocular rosacea, chalazion, contact lens intolerance, Dry Eye.

Blephasteam® provides a moist and heat therapy. This dual action unblocks the meibomian glands, improves the tear quality, therefore improving symptoms, ocular health, vision and comfort.

Available from <http://www.spectrum-thea.co.uk/Apps/Content/html/viewContent.aspx?fid=31>  
Spectrum UK – 0845 521 1290

Feed back from patients is that it is soothing and helps, especially if simple remedies are not helping. “it takes Hot spoon bathing to another level”... Thus for those with persistent disease who find warm compresses helpful it may well be worth investing in this device. Costs is around £200.



A similar device that is done as a professional service is “LipiFlow” which both heats and massages the lids squeezing the meibomian glands. Like a deep clean. Mr. Daya in 38 Queen Anne Street (020 7580 7660) London offers this service. But is rather expensive to have performed, but as a last resort can be considered.

## EyePeace

A clinically proven, personal eyelid massager which stimulates the meibomian oil glands in order to prevent and treat dry eye disease in a natural and non invasive way. It can also be used to help and treat symptoms of Blepharitis, Chalazion and Meibomian Gland Dysfunction (MGD). Around about £25 Retail price.



This new, unique product was created by two leading consultant ophthalmologists, Johnny Moore MA FRCOphth, PhD and Anant Sharma MA FRCOphth.

Simple - Comfortable - Non invasive

Find out more at [www.eyepeace.org.uk](http://www.eyepeace.org.uk)

<https://www.facebook.com/Eyepeace.org>

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