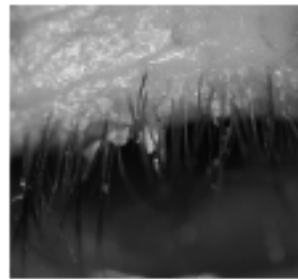


## **Blepharitis Information Leaflet**

### **What is Blepharitis?**

Blepharitis refers to inflammation of the eyelids. Oils and other products normally secreted by the eyelids build up on the lid surface and eyelashes resulting in eye irritation and often redness. It is a chronic disorder and occurs in two forms:

- Anterior Blepharitis - this is when the inflammation affects the outside front edge of the eyelid where your eyelashes are connected. Two possible causes are bacterial infection or seborrheic dermatitis.
- Posterior Blepharitis - this is when the inflammation affects the inside front edge of the eyelid where they come into contact with your eye. This is caused when something affects the oil glands. Crusts and debris are found at the rim of your eyelids, for example skin conditions such as seborrheic dermatitis or acne rosacea.



### **Signs & Symptoms**

Regardless of which type of blepharitis you have, you will probably experience such symptoms as irritation, burning, tearing, foreign body sensations, crusty debris (in the lashes, in the corner of the eye, on the lids), dryness and red eyelid margins.

### **How can eyelid hygiene help?**

Developing a regular routine of eye hygiene is essential in the treatment of blepharitis and it rarely disappears completely. It is important that you clean your eyelids every day, even if you are not experiencing any symptoms. You should consider it part of your daily routine, like brushing your teeth. Daily eyelid care helps prevent the build up of oils and crusted matter around the eye area.

### **Treatment**

Treatment depends on the type of blepharitis you have. It may include applying warm compresses to the eyelids, cleansing them, using an antibiotic and massaging the lids. If your blepharitis makes your eyes dry (usually because your tears evaporate more quickly) you may be recommended to use artificial tears.

The warm compresses are designed to both loosen crusts on your eyes before you clean them. The heat makes the tear secretions more liquid and less greasy. Wash your hands then dampen a clean cloth with warm water and place it over your closed eyes for a 5 to 10 minute period.

## The complete eyelid hygiene system

Blephasol and Blephaclean have been specially formulated to be **FREE** from preservatives, 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

Use Blephasol as directed, usually once or twice a day. Dip a cotton wool pad or gauze and gently wipe along the lower and upper eyelids and lash area to remove accumulated 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.

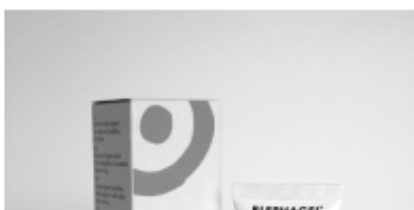
### **Blephaclean®**



- 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 to reduce the sebum secretion and has an anti-inflammatory effect

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

### **Blephagel® Hypo allergenic gel**



Blephagel is a highly efficacious treatment for blepharitis. Blephagel is a perfume free, non greasy gel that helps to remove mucus and crusts congested on eyelash roots. Its formulation refreshes, softens and soothes eyelids with its natural ingredients. Blephagel does not contain a preservative.