

Premier Eye Care And Surgical Center

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What Is Eyelid Margin Disease/ Blepharitis?

The eyelids play an important role in the health of the eyes. They protect the cornea and spread tears over the front of the eyes. Although several conditions can affect the eyelids, most eyelid disorders do not threaten vision.

Eyelid margin disease refers to a common condition in which the eyelids are persistently inflamed. The condition produces dandruff-like flakes and debris that collect on the eyelashes and eyelid margins. Patients with eyelid margin disease typically complain of constant itching, stinging, burning and redness. Severe Dandruff of the scalp may also require concurrent treatment.

Blepharitis, or inflammation of the eyelid margin, is one of the most common eyelid problems. Blepharitis is an uncomfortable condition that usually produces inflamed and itchy eyelids, but it doesn't permanently damage eyesight. Blepharitis can begin during childhood and may last throughout life. The best way to treat blepharitis is with good eyelid hygiene, including regularly cleaning the lids and lashes.

Cleaning the Eye Lids

Eyelid cleaning can be effective for relieving dry, itchy, flaking eyelids. Eyelid cleaning are often recommended in the treatment of blepharitis, an inflammation of the eyelids. Eyelid cleaning are a great way to keep your eyelashes clean and alleviate/reduce symptoms.

What you need, (Eye Lid Cleaning Kit)

1. Cotton Buds/ QTips
2. No tears Baby Shampoo
3. Drinking Water

Procedure

Wash your hands thoroughly with soap and water.

Apply a small amount of baby shampoo to the tip of the cotton bud

Dip this side of the cotton bud in drinking water to dilute the shampoo

Close one eye and gently rub the base of your eyelashes with the cotton bud, being careful to rub the entire area. Do this for one minute, this is a very gentle way of cleaning the eye lid margin.

Carefully rinse your entire eyelid with clean, cool drinking water.

Repeat with your other eye, using a new cotton bud. Remember to use one tip of the cotton bud for each lid.

