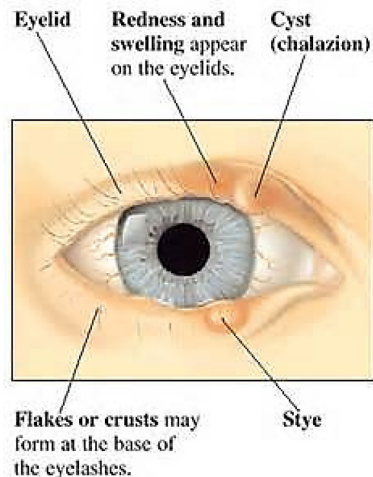


- Clean your eyelids with warm water and baby shampoo, cleanse one eye at a time, closing the eye you are cleansing, and rubbing the washcloth or your finger over the eyelashes rinse thoroughly with a clean warm wet washcloth pat dry.
- If the blepharitis is related with the oil glands treatment may involve applying testosterone eye cream to the eyelids. Your doctor may also suggest a procedure that gently heats the clogged glands and applies mild pressure to “milk out” the unhealthy gland oils.

How is Blepharitis diagnosed?

Blepharitis can be diagnosed through a comprehensive eye examination testing with special emphasis on evaluation of the eyelids and front surface of the eye may include:

- Patient history to determine any symptoms the patient is experiencing and the presence of any general health problems that may be contributing to the eye problem.
- External examination of the eye including lid structure, skin texture, and eyelash appearance.
- Evaluation of the lid margins, base of the eyelashes,



and meibomian gland openings using bright light and magnification.

- Evaluation of the quality and quantity of tears for any abnormalities.

Schedule an eye examination

Scheduling an eye exam is the best you can do to prevent further complications.

Compliments of
Vatsal Doshi, MD, MPH and
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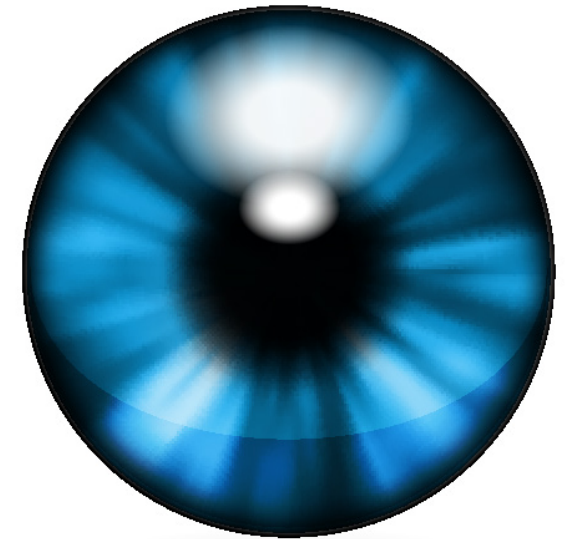
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A Closer Look at
Blepharitis



Patient Education

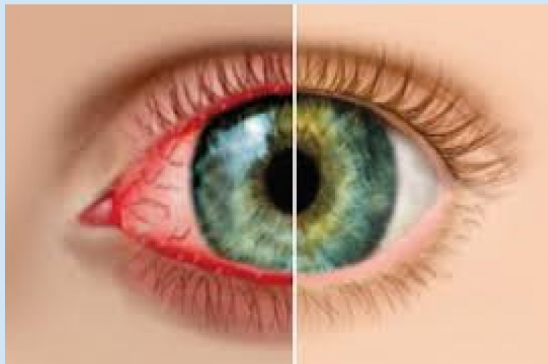
What is Blepharitis?

Blepharitis means eyelid inflammation. The condition presents with symptoms of dry eye (excessive tearing, and burning) or ruddy skin conditions associated with acne and rosacea.

Blepharitis has two basic forms anterior and posterior blepharitis. The anterior form affects the outside front of the eyelid where eyelashes are attached. The posterior form is a dysfunction of the meibomian glands within the eyelids that secrete oils to help lubricate the eye.

It's common to have a mixture of both anterior and posterior forms of blepharitis different degrees of severity.

Although eye doctors can easily diagnose blepharitis it tends to be harder to treat symptoms (burning, flaking, crusting, tearing, irritation, itching, vision change, redness in eyelid margins, and foreign body sensation).

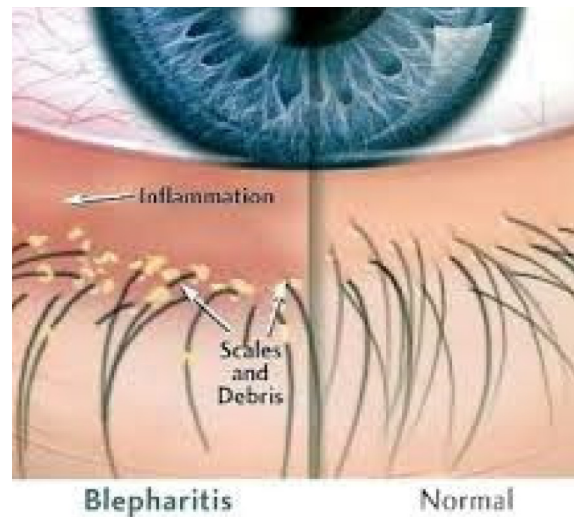


What causes Blepharitis?

Anterior blepharitis is commonly caused by bacteria (Staphylococcal blepharitis) or dandruff of the scalp and eyebrows (Seborrheic blepharitis). It may also occur due to a combination of factors, or less commonly may be the results of allergies or an infestation of the eyelashes.

Posterior blepharitis can be caused by irregular oil production by the glands of the eyelids (meibomian gland dysfunction). This creates a favorable environment for bacteria growth and can lead to styes or pink eye. It can also develop as a manifestation of other skin conditions such as acne, rosacea, and scalp dandruff.

Because blepharitis and dry eye are partners in crime, your eye doctor may advise you to use over the counter or prescription eye drops to help relieve symptoms.



How to prevent Blepharitis?

- Removing all eye makeup before bedtime and refraining from applying eyeliner to the waterline of the eyelids (behind the eyelashes).
- Avoiding the use of eye makeup during a flare-up to prevent further irritation/infection. Once you treat the flare-up with the suggestions in this brochure and your symptoms start to subside you may resume makeup application.
- Note you must always regularly replace products used in or around your eyes.

Symptoms of Blepharitis

- Feeling like something is in the eye.
- Burning sensation.
- Light sensitivity.
- Red and swollen eyes or eyelids.
- Fluctuating vision.
- Excessive tearing.
- Crusting of the eyelashes.

How is Blepharitis treated?

Blepharitis cannot be cured. However, it can be treated and controlled through proper eyelid hygiene; left untreated blepharitis can cause more serious conditions such as scarring or injury to the eye's tissue. If you have blepharitis, take the steps below to help treat and cleanse your eyes.

- Take a clean washcloth and wet it in very warm water. Wring washcloth and place it over the closed eyelids for five minutes this will help to soften crusts and loosen oily debris.