



PRIMARY EYE CARE

EYELID SCRUBS

Blepharitis is a common inflammation of the eyelids. It is caused by bacteria,
extra

skin oil, and dead cells. It causes redness, swelling, and crusting (a mixture of grease, dead skin, and dried fluid.) In order to control blepharitis, you must remove the crusting with lid hygiene. This will also remove some of the bacteria and reduce the oiliness of the skin.

2. Soak a clean washcloth in warm tap water and wring it out.
3. Close both eyes;
 - Soak the closed eyelids with the washcloth.
 - When the cloth cools off, soak it again in warm water,
 - Wring it out, then re-soak.
 - You should soak your lids for one minute.
4. Lower eyelids:
 - Wrap the washcloth around your index finger.
 - Gently rub your covered index finger sideways along the eyelid margin, directly over the eyelashes.
 - Then move the scales at the bases of the lower eyelashes down and away from the eyelid margin several times.
5. Upper eyelids:
 - Rinse the cloth off after doing the lower lids.
 - Again wrap it around your index finger.
 - Close your eyes, then gently rub your covered index finger sideways along the eyelid margin, directly over the eyelashes.
 - Then move the scales down and away from the upper eyelid margin.
6. Baby shampoo can be used as follows (**Note required medical treatment below**)
 - Use about 10 drops of baby shampoo in a glass of water (about 8 ounces).
 - First soak the eyelids with the cloth to soften the scales (see 2 and 3 above).
 - Then dip the washcloth in the baby shampoo solution;
 - Do the scrubbing as described above.
 - Do not save the baby shampoo solution;
 - Throw the solution away and start fresh each time.

7. Do this procedure _____ times a day for _____ weeks.
8. After the severe symptoms and signs are reduced, you should do this eyelid cleaning _____ times a week.
9. This is a chronic condition and you will need to do eyelid cleaning for life, though less often.
10. Please call the office with any questions or problems at (815) 332 - 2223 . Hours are Monday, -Saturday, 10:00 AM to 5:30 PM.

Demodex , Meibomionitis, Blepharitis often requires medical treatment.

your care requires :

- RX Cliradex x/d weeks months
- RX Avenova
- RX Erythromycin ung
- RX Ciloxan ung
- RX Azycyte
- RX Blephamide
- RX OTHER

Directions:

- i. WM compress: /day x weeks
- ii. Lid Scrubs: /day x weeks
- iii. Apply:
- iv. Instill:

Your Next Visit dates are:

_____ date ; _____ Time: _____

_____ date ; _____ Time: _____

On weekends, go to the local Emergency Room if needed.

