

## Management of Blepharitis/ Meibomian gland dysfunction

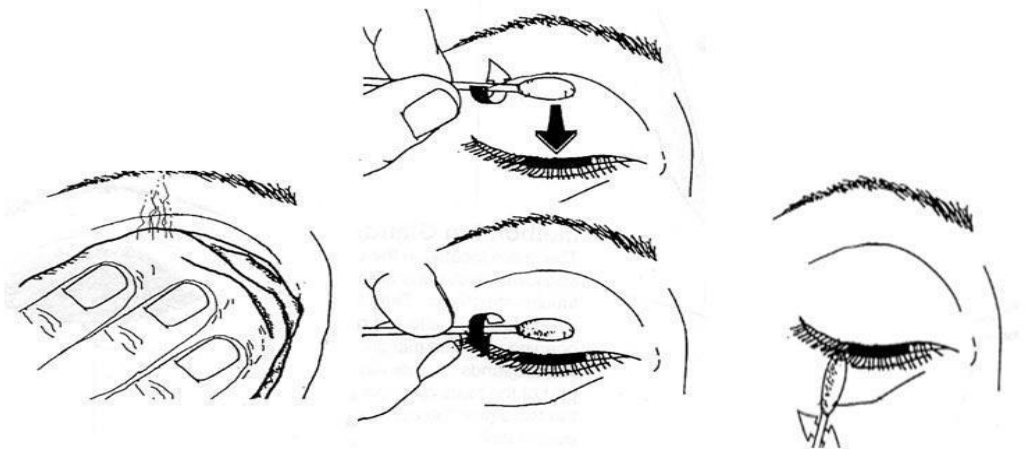
- **Take regular breaks** when reading, using a computer or watching TV. It's important to allow your eyes time to rest and lubricate.
- **Preservative-free artificial tear drops** to treat eye symptoms and tear film instability. This can be purchased over the counter.
- **Omega-3 fatty acids**, found in foods such as salmon and walnuts, to your diet, due to their anti-inflammatory properties. Omega-3s can also be taken in supplement form 1.5-2gm/day.
- **Tea tree oil gently containing** face washes and shampoos can be of benefit by reducing the population of the Demodex mite. Tea tree oil eyelid wipes can be used alternatively.
- **Cleaning your eyelids** to open the unblock the eyelid glands and remove fine scales from the eyelid margins. To begin with, you may need to clean your eyelids twice a day. In the long-term, you will need to clean them at least two or three times a week to prevent them from returning.  
<https://www.youtube.com/watch?v=oHODzr9I3MA>

### ▪ How do I clean my eyelids?

**Step 1. Hot compress:** Soak a **flannel/washcloth** in warm water (make sure the water is not too hot). Close your eyes and gently press the flannel against them for five to seven minutes. This will help to soften any hardened oil secretions. An alternative to the flannel/washcloth method is to purchase an **Eye Mask**. These masks can be heated in a microwave and then placed over your eyes in a similar manner to the flannel. They have the advantage that they release heat more slowly and unlike a flannel do not have to be re-soaked in warm water every few minutes to maintain their heat.

**Step 2. Massage:** Massage your eyelids using your forefinger. Move-in a downward motion for the upper eyelid and an upward motion for the lower eyelid.

**Step 3. Lid wipe:** Soak a cotton bud in cooled boiled water or lid cleaning solutions like blephaclean/blephasol solution. Use the cotton bud to clean your eyelids soaked in. Gently rub the cotton bud along the edge of the lower lid (see Figure). It helps to tilt the lid outward using a finger from your other hand. The upper lid is more difficult to clean. It is best done with the eyelid closed and pulled slightly over the lower lid. This makes sure that you can't poke yourself in the eye.



Step 1: Hot Compress

Step 2: Massage

Step 3: Lid wipe