



## Eyelid Margin Disease

Eyelid margin disease is a very common condition, a property of your skin, which causes irritation and/or redness at the outer edge of the eyelid/eyelash area. This process may also be associated with symptoms of “dry eye.” There are two types of blepharitis:

- 1—**Anterior** blepharitis is caused by inflammation at the eyelash base, which is similar to dandruff or seborrhea of the eyelid margin.
- 2—**Posterior** blepharitis or meibomian gland dysfunction (MGD) is caused by irritation and clogging of the oil glands just behind the base of the eyelashes. This can be associated with acne or rosacea.

### **What are the symptoms of eyelid margin disease?**

Patients commonly experience swollen or red lids, burning or itchy eyelids, fluctuating blurry vision, scaly skin flakes at the lid margins, gritty or sandy feeling in the eyes, and/or dry eyes.

### **How is blepharitis treated?**

Mild blepharitis is treated by cleansing the eyelid margin with warm compresses and lid scrubs. Artificial tears and omega-3-fatty acids (fish oil/flaxseed oil) may also help. More severe disease may require prescription medications. Your doctor will discuss options with each patient individually, based on their unique circumstances.

### **Your treatment options may include:**

- o Warm compresses & lid hygiene: Wash hands. Soak a clean, soft washcloth in warm water. Ring out. You may alternatively use a heated eye “mask” (rice or gel). Place over closed lids for 5 minutes. Follow with lid scrubs. Use diluted baby shampoo or scrubs available at your local pharmacy (OcuSoft, SteriLid, or Systane scrubs). Some patients prefer cleansing with foams.
- o Artificial tears (Refresh Optive, Refresh Optive Advanced, Systane, Systane balance, Blink, Theratears).
  - o Tears in a bottle
  - o Preservative free tears in vials

o Omega-3-Fatty Acids (fish oil or flaxseed oil) can be obtained as an over-the-counter supplement.

Take approximately 2000mg a day. (Please check with your doctor if you are on blood thinners).

o Azasite is a prescription antibiotic that is used for its good side effect, not for its anti-infective properties, but for its anti-inflammatory properties. Apply inside eye at bedtime. If burning occurs and is not tolerable, place one drop on a clean fingertip and rub into lid margins, near base of lashes.

o Steroid eye drops (Lotemax, Zylet, Prednisolone, FML, Tobradex).

o Minocycline or Doxycycline (pills). This antibiotic is used for a good side effect, not for its anti-infective properties, but for its anti-inflammatory properties. Dermatologists commonly use this for treatment of rosacea or acne.

(Avoid this class of medication if you are pregnant, may become pregnant, or if you are nursing.

Avoid heavy sunlight exposure. Take with a small snack if stomach upset occurs. Please check with your primary doctor or pharmacist before beginning therapy).