

Eyelid Hygiene

Bacterial buildup and oil gland residue on the edge of the eyelids can cause a common eye condition called “Blepharitis.”

Symptoms of blepharitis include burning, itching, and redness of the eyes. Keeping the eyelids clean can reduce these symptoms. Your eye doctor may also prescribe antibiotic ointment or pills to treat more severe cases of blepharitis.

Here are some guidelines you can use to care for your eyes if you have blepharitis:

1. Use moist heat on the eyelids. A good source of moist heat is a washed potato heated in the microwave. A clean sock filled with rice can also be heated in the same way. Apply heat to the affected eyelids for 5 to 10 minutes.
2. Use “eyelid scrubs” or moistened cotton balls dipped in baby shampoo to clean the edges of the eyelids.
3. Rinse off the eyelids with warm water.
4. Apply antibiotic solution to the eyelids (if prescribed by your doctor).
5. Repeat steps 1-4 several times a day at first. As your eyes feel better, you can reduce the frequency of the cleaning regimen to once a day.

If you have any questions about blepharitis treatment, please contact our office at **901-754-3937**