

Columbus Ophthalmology Associates
BLEPHARITIS

What is blepharitis?

Blepharitis is a chronic inflammation of the eyelids. The most common cause of blepharitis is a chronic bacterial infection of the oil glands in the eyelid. This causes the glands to swell with the excess oil, causing irritation and redness. Often blepharitis is accompanied by an oily discharge which leaves a crusty residue and scaling along the lid margin. The eyelids may be stuck shut upon awakening due to this excess oil.

What are the symptoms of blepharitis?

- Itching or burning sensation
- Redness, flaky skin, and oil secretions along the edge of the eyelid
- Crusting material clinging to the eyelashes
- Lid swelling
- Redness and irritation of the eyes
- Intermittent blurred vision that may improve with blinking

What treatment is available?

Daily eyelid hygiene is essential in controlling this chronic condition. Thoroughly wash your hands before performing any eye care. Run a clean washcloth under warm water. Wring out the washcloth and gently place the washcloth over your closed eyelids for a few minutes. The warm compress will help to loosen the crust on the eyelid. Repeat the above steps as the washcloth cools and continue the process for at least ten minutes

How are lid scrubs performed?

Clean the edges of the eyelids with the eyelid hygiene product recommended by our physician. Clean each lid thoroughly by scrubbing side to side for 15-20 seconds per lid. After using the lid scrub, rinse both eyelids with warm tap water and tap dry. Use the medication as prescribed by our physician. Utilize artificial tears as needed.

5155 Bradenton Avenue, Suite 200
Dublin, Ohio 43017

5965 East Broad Street, Suite 480
Columbus, Ohio 43213

(614) 766-2006
www.coavision.com