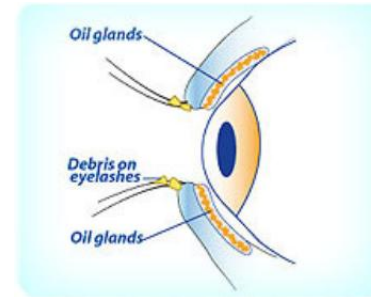


Blepharitis is a chronic disease caused by dysfunction of the meibomian glands in the eyelid. There are approximately 25 to 30 meibomian glands in each eyelid that normally produce the oil component of the tear film. The oil helps to stop the tears from evaporating, thus preventing dry eyes. In blepharitis, the glands produce abnormally thick oil that is irritating to the eyelid and eye. The thickened oil can also cause blockage of the gland, leading to infection. Common symptoms of blepharitis include burning, redness, and itching of the eyelids or eye. Oil and debris will also accumulate on the lid margin and eyelashes.



Blepharitis needs continual treatment to be managed and prevent damage to your eyelids and ocular surface. Your willingness to comply with the treatment plan will be the most critical factor in successful treatment. Below is the prescribed treatment plan by Dr. Lyons.

- € **Warm Compresses:** Functions to loosen the hardened oil that clogs the meibomian glands. Simply wet a wash cloth and place in microwave for 1 minute. Remove from microwave and place against closed eyelids for 5 minutes. This should be performed _____ time(s) per day. Exercise great care when applying any heat to the lids to prevent irritation or burning.
- € **Lid Hygiene:** Functions to remove oil and debris from the eyelid margin to allow normal secretion of the meibomian glands. With closed eyes, gently massage prescribed product into base of eyelashes for approximately 60 seconds then rinse with water. Dr. Lyons recommends: € LidHygenix (\$17.95) € Ocusoft (\$18.95) € Baby Shampoo (OTC)
- € **Anti-Inflammatory Supplements:** Functions to reduce the level of inflammation in the eyelids caused by the blepharitis and also aids in the production of oil. Take 1 / 2 EZ Tears capsule(s) per day. € EZ Tears (\$34.95 per bottle or \$31.00 per bottle with 6 bottle purchase. Also available online at www.EyePromise.com and will require Referral Code **11107** when checking out.)
- € **Oral Antibiotics:** Antibiotics from the “cycline” group have been shown to reduce inflammation of the eyelids by reducing the amount of bacteria and by their natural tendency to improve the consistency of the oil produced by our glands. Skin photosensitivity will occur, so the use of sunblock when outdoors is recommended.
 - € Doxycycline _____ mg by mouth _____ time(s) per day for _____ weeks / months.
- € **Topical Medications:** The use of topical antibiotics and steroids can also reduce the levels of inflammation. Close monitoring is required while on these medications.
 - € 1 drop _____ in both eyes _____ times per day.