



SHEINKOPF & TOMASIK EYE CARE ASSOCIATES

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Blepharitis

Blepharitis is a medical term which describes inflammation of the eyelid (s). The most common cause of blepharitis is a low grade bacterial infection, although it may be caused by allergies or viral infection. The signs and symptoms of blepharitis may include:

- * Itching
- * Redness
- * Burning
- * Swelling
- * Crusting
- * Scales

Sometimes the inflammation may spread to the glands of the eyelid causing styes (chalazia), or it may involve the surface of the eye causing the white of the eye to become reddened. (conjunctivitis).

Often blepharitis is accompanied by an oily discharge and/ or scales on the lids. The eyelids may be stuck shut upon waking. If the eyelids are not cleaned properly, complications may develop including contact lens intolerance, dry eye or recurrent conjunctivitis.

Daily Eyelid Hygiene:

Daily eyelid hygiene is an important patient consideration. It should be practiced along with the medical treatment prescribed by Dr. Sheinkopf or Dr. Tomasik to alleviate this often chronic problem.

1. Prepare the eyelids with a warm compress. This will increase blood circulation to combat the disease. It also helps to soften and loosen the residue around the base of the eyelashes. Place a clean washcloth under very warm tap water then hold it in contact with one or both of the affected eyelids. Repeat for 5 to 10 minutes.

2. Clean the margins (edges) of the eyelids using the eyelid hygiene product or diluted

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- no-tears baby shampoo and a clean washcloth.
3. Thoroughly rinse both eyelids with warm tap water and pat dry.
 4. Apply any medications prescribed. Your eye doctor will inform you how long you should continue these procedures. Notify Dr. Sheinkopf or Dr. Tomasik if the condition worsens or fails to improve.

Alternate Lid Scrub Treatment

When in the shower, let the warm water run over your face. Put a small amount of no-tears baby shampoo on a clean soft wash cloth. Gently scrub across both the upper and lower lid margins of both eyes. Apply any antibiotic ointment prescribed after you shower to both the upper and lower external lid margins.