

## Understanding Blepharitis and how to manage it

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### What is blepharitis

Put simply, blepharitis is an inflammation of the eyelids.

Oils and other products normally secreted by the eye and eyelids build up on the lid surface and eyelashes, resulting in irritation and often redness. It's a common disorder but the good news is that it can be easily managed.

### What are the symptoms?

Eye irritation, swollen eyelids, crust debris, burning sensation, itchy eyelids, sensitivity to light, loss of eyelashes

### What are the causes?

There are two types of blepharitis

**Anterior Blepharitis:** When inflammation affects the outside front edge of your eyelids, where your eyelashes are attached.

**Posterior Blepharitis:** When the inflammation affects your meibomian glands.

Blepharitis can affect anyone at any age, however older people are at increased risk.

Some people who have the following conditions more commonly have Blepharitis

Dry Eye, Dandruff, or dry skin conditions, skin conditions, Bacterial infections

### How to treat Blepharitis

Management of eyelid inflammation is essential in the treatment of Blepharitis. Daily eyelid hygiene is the central focus. Your eye care professional will determine a complete treatment regimen which may include artificial tears, antibiotics or other products.

As Blepharitis tends to recur and rarely disappears completely, developing a regular routine of eye hygiene is essential in treatment of the condition. It is important that eyelids are cleansed daily even if symptoms are not being experienced.