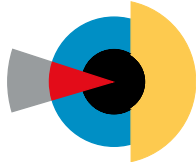


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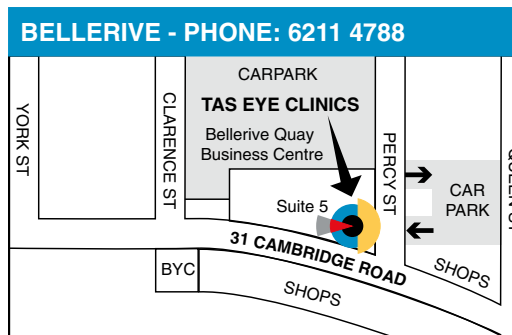
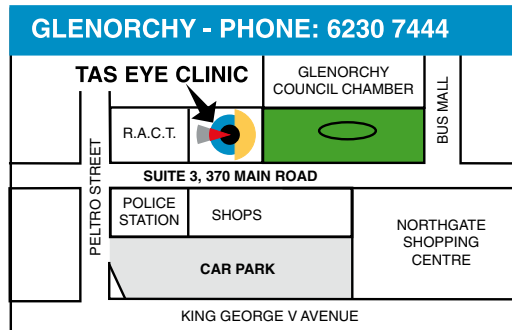
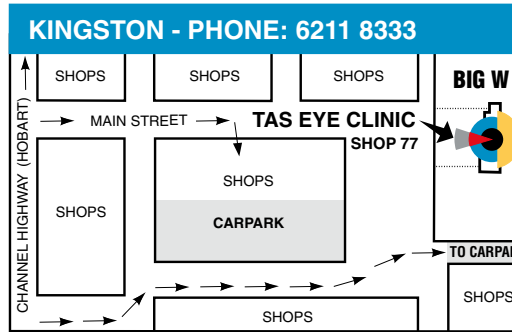
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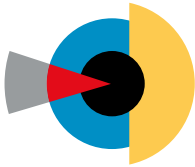
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# blepharitis

do your eyes feel sore and look red

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# Blepharitis

Blepharitis, or inflammation of the lid margin, is a common complaint amongst patients. The lid margin consists of two portions, the front which is composed of lashes and skin and which is evident on casual examination of the upper or lower lid, and the back or posterior half of the lid, which is composed of a hard plate. Embedded in this hard plate are the meibomian glands. There are 20-30 of these in the upper and the lower lid.

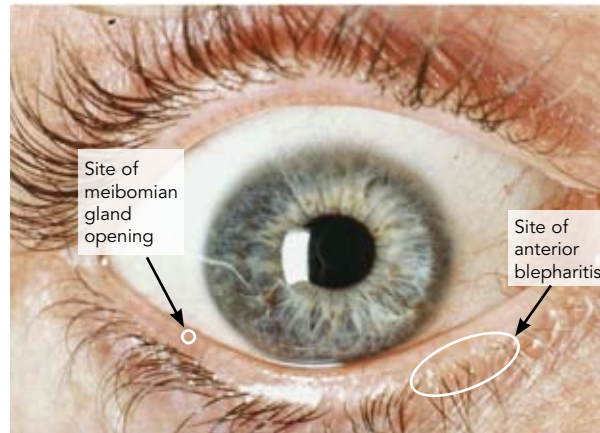
There are two main kinds of blepharitis, namely that which affects the skin portion of the lid. The main causes of this are dermatitis-type conditions such as seborrhoea, allergy and infections of the lash line.

Inflammation of the meibomian glands is very common and is sometimes associated with acne rosacea, a skin condition. Inflammation of the meibomian glands is very important in terms of eye health and comfort. The secretion of the meibomian glands, which is an oily secretion, constitutes the top layer of our tear film and prevents evaporation of the tear and allows

the tear to spread easily. Patients who are affected by meibomianitis, or inflammation of these glands, often get irritable and sore eyes associated with an inadequate tear film, and often feel that their eyes are dry.

So blepharitis is really a mixture of two different problems -

1. skin-related conditions, and
2. inflammation of the meibomian glands, which is very important for eye comfort and health.



## Treatment of Blepharitis

Treatment of blepharitis therefore naturally divides into treatment of the two separate sections of the eyelid - one directed at relieving the

dermatitis problems at the front half of the eye and the second, encouraging meibomian gland secretion to return to normal. The two conditions are treated separately.

## What can I do simply to improve my eyelids?

Hygiene of the lid margin edge is important and there are a number of proprietary items available to clean the lash line, the simplest of which is Johnson & Johnson's baby shampoo applied neat with a cotton wool bud to remove seborrhoea. Skin problems associated with the eyelid are often compounded by the excessive use of mascara and eyeliner, which is often kept for long periods in somewhat unhygienic conditions. Meibomian gland function is encouraged by heating the eyelids and massaging outwards on the edge of the lid with a firm cotton wool bud. There are medications available through your Ophthalmologist to further improve meibomian gland function.