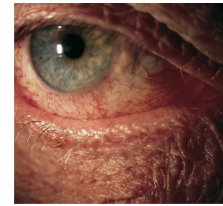
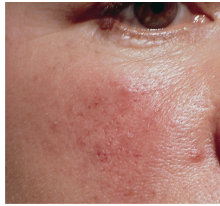


## **Blepharitis Information Leaflet**

### **What is Blepharitis?**

Blepharitis refers to 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 eye irritation and often redness. It's a common disorder and occurs in two forms:

- Anterior Blepharitis - this is when the inflammation affects the outside front edge of your eyelids, where your eyelashes are connected. Two possible causes are bacterial infection and Seborrhoeic dermatitis.
- Posterior Blepharitis - this is when the inflammation affects the inside front edge of your eyelids, where they come into contact with your eye. This is caused when something affects the glands that are found at the rim of your eyelids, for example skin conditions such as seborrhoeic dermatitis or acne rosacea.



### **Signs & Symptoms**

Regardless of which type of blepharitis you have, you will probably experience such symptoms as eye irritation, burning, tearing, foreign body sensations, crusty debris (in the lashes, in the corner of the eyes or on the lids), dryness and red eyelid margins.

### **How can eyelid hygiene help?**

Developing a regular routine of eye hygiene is essential in the treatment of blepharitis as it tends to recur and rarely disappears completely. It is important that you clean your eyelids every day, whether or not you are experiencing any symptoms. You should consider it part of your daily routine, like showering or brushing your teeth. Daily eyelid care helps prevent the build up of oils and crusted matter around the eyelid and lash area.

### **Treatment**

Treatment depends on the type of blepharitis you have. It may include applying warm compresses to the eyelids, cleansing them, using an antibiotic and massaging the lids. If your blepharitis makes your eyes feel dry (usually because your tears evaporate more quickly) you may be recommended to use artificial tears.

The warm compresses are designed to both loosen crusts on your eyes before you cleanse them and make the tear secretions more liquid and less greasy. Wash your hands then dampen a clean washcloth with warm water and place it over your closed eyes for a 5 to 10 minute period.

Cleansing the eyelids is essential to blepharitis treatment. You may be recommended to clean them with: warm water only, salt water, baby shampoo diluted with warm water or a special over-the-counter product specifically made for cleansing the eyelids (see overleaf). First wash your hands, and then dip a cotton wool bud or gauze pad into your cleaning solution. Gently wipe across your lashes and lid margin. Rinse with cool water. Use a different cotton wool bud for your other eye and repeat the process. When you first begin treatment you may have to cleanse your lids several times a day. When the eyes feel better from the lid hygiene (usually after about 3 weeks) treatment can be done once a day. Remember, to stop treatment altogether will probably result in a recurrence of problems. Only regular lid hygiene will keep the blepharitis under control.

## The complete eyelid hygiene system

Blephasol and Blephaclean have been specially formulated to be **FREE** from preservatives and perfumes by Europe's leading independent ophthalmology company to be kind to your eyes and skin.

### **Blephasol® - A unique mode of action:**



- A high tolerance micelle solution
- Lid margin and skin cleansing
- Preservative and perfume free
- Easy to use 100ml bottle, with no need to mix or rinse afterwards

Use Blephasol as directed, usually once or twice a day. Put solution on to a cotton wool pad or gauze and gently wipe along the lower inner eyelid, the upper and lower eyelids and lash area to remove accumulated oily debris and crusted matter from the eyelid and lash area. There is no need to rinse afterwards. Repeat for the other eye using a different pad or gauze.

### **Blephaclean®**



- A high tolerance micelle solution
- 20 ready to use sterile pads
- Hygiene and repair of eyelids and the lid margin
- Preservative and perfume free
- No need to rinse afterwards
- Hyaluronic Acid - a natural hydrating and repairing agent
- Iris Florentina and Centella Asiatica content. Helps to stimulate synthesis of collagen and has an anti-inflammatory action.

Use Blephaclean as directed, usually once or twice a day. Simply remove wipe from sachet and gently wipe along the lower inner eyelid, the upper and lower eyelids and lash area to remove accumulated oily debris and crusted matter from the eyelid and lash area. There is no need to rinse afterwards. Repeat for the other eye using a new wipe.

### **Blephagel® Hypo allergenic gel**



Blephagel is a highly efficacious treatment for severe Blepharitis. Blephagel is a perfume free, non greasy gel that properly cleanses eyelids and mucus and crusts congested on eyelash roots. Blephagel's unique formulation refreshes, softens and soothes eyelids without any alteration of the skin's pH balance. Blephagel does not contain a preservative.

Use Blephagel as directed, usually before going to sleep. Can be left on overnight and wiped away in the morning. Wash hands and apply the soothing gel to the skin around the eye, the eye lid and eye lid margins. Gently wipe off using a cotton wool pad or gauze. There is no need to rinse afterwards. Repeat for the other eye using a different pad or gauze to wipe away.

Customer Services Helpline: 0845 521 1290

[www.spectrumthea.co.uk](http://www.spectrumthea.co.uk)