



# Blepharitis

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You have been diagnosed as having blepharitis, which is a bacterial infection of the margins of the lids. Typical signs and symptoms include redness of the lid margins, morning crusting of the lids, burning and general eye irritation even to the point of foreign body sensation.

It is a chronic condition which may sometimes lead to more severe eye infections if untreated.

An excellent method of self-treatment is to take a small glass of warm water and add 2 to 3 drops of Johnson's Baby Shampoo. Then, with a sterile cotton-tipped swab dipped in this solution, gently clean along the margins of the lids 2 to 3 times a week.

If the blepharitis is more severe, a warm compress prepared by running warm (not hot) water over a clean wash cloth and applying it over your closed eyelids for 5 minutes twice daily will help bring the condition under control. We may also prescribe an antibiotic ointment or drops when necessary.

To maintain the lids in good condition, you may use occasional baby shampoo lid scrubs and warm compresses.

If you have any further questions about blepharitis or its treatment, don't hesitate to call our office.