What is Blepharitis?

Simply blepharitis is eyelid inflammation. Eyelids become red, irritated, dry, scratchy, red and itchy due to dandruff-like scales that form on the eyelashes. Blepharitis can be chronic inflammation of the eyelid. Other symptoms include redness of the eyelids, flaking of skin on the eyelids, crusting at the eyelid margin generally worse on waking, red eye, gritty sensation of the eye or it may feel like “something” is in your eye.

What causes Blepharitis?

Clogged eyelid oil glands from makeup, contact lens solutions, makeup removers, eyelash mites or lice or allergies from medications are some of the causes. Makeup left behind on eyelids is a common cause. See Dr. Bonnin’s True Guide to Makeup Removal and Eyelid Cleansing for DIY steps for effective eye hygiene and makeup removal. Here are some treatments and eye hygiene steps to support and speed your healing.
Blepharitis Eye Care Plan > First 30 Days
YOUR EYES REQUIRE DELICATE BUT EFFECTIVE HEALING TREATMENTS

TREATMENT
Take the prescribed antibiotic for the first 7 days.

TREATMENT
Use the Bruder Mask and follow enclosed directions. Heat in microwave. Don’t over heat. Microwaves have different heat settings so be careful not to melt the mask. Place on eyes for at least 8 minutes. Use mask to soften the oil glands.

TREATMENT
The first two weeks do “Lid Expressions.” This is where you apply pressure on the bottom eyelid as we discussed in the office. Every several seconds move your finger over to cover all oil glands.

CLEANSE
Wash eyelids and lashes morning and night with OCuSOFT Lid Scrub Plus Platinum Foaming Eyelid Cleanser. This scrub has anti-inflammatory ingredients designed for dry eyes. This scrub is designed specifically for cleaning eyelids and lashes. The foaming action lifts eye makeup left behind from removers, makeup remover residue as well as pollen, dust, dander and pollution that’s trapped in lashes and eyelids. This will not harm your eyes like other soaps including baby shampoo.

CONDITION
• Eye makeup, sun, wind, pollution and pollen are all tough on eyelids and lashes. Use daily Retaine Liposome Spray, to cool and moisturize eyelids and lashes. Use this spray to refresh and condition eyelids to prevent dry, scratchy, itchy and irritated eyes.

• If you have broken or missing eyelashes use RevitaLash® Advanced Eyelash Conditioner to condition lashes, protect against breakage and to regenerate new ones.

• For thinning brows RevitaBrow® Advanced Brow Conditioner conditions the eyebrows to help protect from brittleness and breakage. RevitaBrow® Advanced Eyebrow Conditioner.

IMMUNE SYSTEM SUPPORT
Take 2-4 soft gels of PRN Dry Eye Omega Benefits throughout the day preferably with meals or one teaspoon of the liquid PRN Dry Eye Omega Benefits.

HYDRATION
Use Retaine MGD Emulsion Artificial Tears iUse Retaine MGD Emulsion Artificial Tears, a thicker formula for longer lasting comfort in the single vials. Use 2-3 times/day for eye hydration.

If after 30 days if you are still experiencing symptoms, call your eye doctor for more advanced care.
Proper Eye Hygiene and Eye Care Steps for Blepharitis

**Contact Lens Wearers**
- Wash and clean hands prior to handling of contact lenses. Wash hands with OCuSOFT Hand Soap for Contact Lens Wearers for a smudge-free handling of contact lenses. Oils from your fingertips transfer to contact lenses causing lenses to be cloudy. This soap will keep fingerprints off your lenses. The number one complaint contact lens wearers have is blurry lenses. That blurriness is many times fingerprints!
- Remove contact lenses.

**CLEANSE**

OCuSOFT Lid Scrub Platinum Plus Foaming Eyelid Cleanser
- Apply 1–2 pumps of foam to fingertips, and gently scrub eyelashes, eyelids and go ahead and lather up your brows too using a side-to-side motion.
- Eyes should be closed during cleansing.

You can hear your mom say:
“don’t get soap in your eyes” — mom
but don’t worry, this scrub is specially formulated for your eyes.

**CONDITION & MOISTURIZE EYE LIDS**

Retaine Liposome Spray
- Hold the spray bottle 6–8 inches away from the face.
- Spray onto a clean, CLOSED eyelid.
- Blink a few times. As you blink, the solution is spread from eyelashes and lid margins onto the eye.

**CONDITION**

RevitaLash® Advanced Eyelash Conditioner
**Prep:** Wash hands and face with a mild soap and water. Let face and eye area dry completely prior to application.
- Once—a-day, apply a thin line to clean, dry eyelashes.
- One brush stroke is sufficient to cover eyelashes.

RevitaBrow® Advanced Brow Conditioner
**Prep:** Wash hands and face with a mild soap and water. Let face and eye area dry completely prior to application.
- Using the doe-foot applicator, apply once—a-day to clean and dry eyebrows.
- Apply a few short strokes onto each eyebrow.

**Note:** Only a small quantity is needed to beautify and promote the attractiveness of natural eyebrows. Be sure to let RevitaBrow® Advanced dry before applying any daily facial products.

**MAINTENANCE PROGRAM**

The best way to manage blepharitis is to commit to a daily eye hygiene routine. Continue using the OCuSOFT Lid Scrub Plus Platinum Foaming Eyelid Cleanser and the Retaine Liposome Spray at least nightly, and Retain MGC Emulsion Artificial Tears throughout the day as needed. To maintain immune system support, continue with Omega-3s; four soft gels or 1 tablespoon of liquid of PRN Dry Eye Omega Benefits.

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