

Treatment for marginal blepharitis - Care for eyelid margin

The precursor or cause of chronic marginal blepharitis is often the sebaceous glands in the eyelid margins becoming clogged.

You have a chronic inflammation of the eyelids, otherwise known as *blepharitis*. This inflammation will not threaten your visual acuity. This is however an affliction that repeatedly causes reddened, sticky and itchy eyes and that makes it harder to wear contact lenses.

You can address the problem with these measures:

1) Warm covers



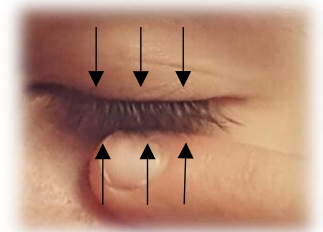
A pair of thermal glasses are most suitable, for example from *LipoNit*. Warm up the glasses in a water bath for 5-10 minutes or in the microwave for 15 seconds on full power. While warming up the glasses, you can prepare a cup of black tea (disinfectant, of course) and then soak two cotton pads in it.



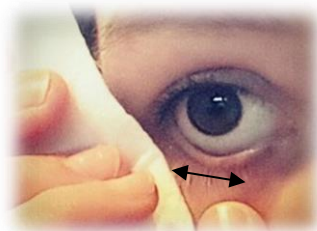
Then place the almost lukewarm pads between the thermal glasses and your closed eyelid. Allow to work for 10-15 minutes. Flannels are less suitable, since they do not store the heat and are unhygienic.

2) Later smoothing out the eyelid margins - Eyelid margin massage

Keep the eyes closed and massage the lower eyelid from the bottom up with the index finger or **place two to three fingers directly under the eyelid margin and apply gentle pressure from the bottom up**. Repeat the same process on the upper eyelid from the top down. This pushes the sebum out of the clogged pores.



3) Cleaning eyelid margins



Take the used cotton pads. Use them to rub down the eyelid margins on both sides as follows: Pull down the lower eyelid with the fingers on one hand. Hold the wetted cotton pad with the other hand and wipe it along the eyelid 2-3 times horizontally, also cleaning along the eyelashes as you do so.

(This step can also be done with the gauze pads from *Lid-Care Solution* or their ready cleaning wipes)

Finally rinse with clean, warm water with your eyes closed.

Do this 1x per day (**or at least 2-3 x per week**). Because these measures are meant to deal with a predisposition to chronic marginal blepharitis, they often must be applied **over a long period**.