

Bruce B. Becker, M.D.  
Christine C. Annunziata, M.D.  
Ophthalmic Plastic and Reconstructive Surgery  
5363 Balboa Blvd. Suite 246  
Encino, Ca 91316  
(818) 783-3510

Ophthalmic Plastic  
and  
Reconstructive Surgery

### Blepharitis

Blepharitis is a common chronic inflammation of the lid margin. The lids may become swollen, congested and red. In many instances, it is due to seborrhea. The base of the eyelash is usually caked with a greasy type of scale that comes off easily. Other cases can be due to bacterial infections. In either case, the treatment is the same.

### Lid Hygiene

Scrub the eyelids with Johnson's baby shampoo in the following solution: Dilute the shampoo with two parts water and one part shampoo. Take a Q-tip, dip it into the solution and scrub the upper and lower lids at the base of the lashes. Pull down your lower lid when scrubbing. For the upper, close the eyes gently and scrub. This will help avoid poking yourself in the eyeball.

Initially, this should be done once or twice daily and then taper according to your symptoms. Eventually, you can get to the point of cleaning your eyelid once every two or three days. It is important that you realize that this is a chronic problem that one has for a lifetime, and can only be treated on a long-term basis. Your doctor may want to prescribe an eyelid ointment on occasion if your symptoms warrant.

**Important:** Rinse all shampoo from eyelids after each scrubbing.