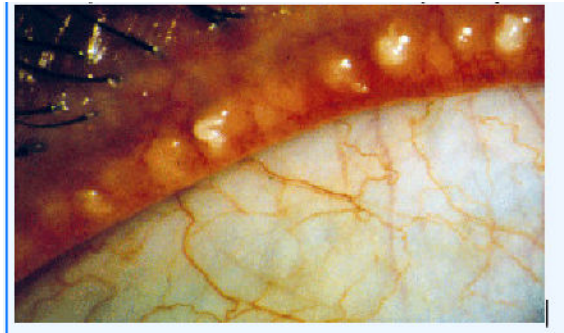


MEIBOMITIS, BLEPHARITIS and DRY EYE INSTRUCTIONS

Meibomitis: inflamed eyelid oil glands cause thickening of the oil secretions ("butter" instead of "oil") which in turn contributes to poor eye lubrication ("dry eye")



- 1. FOR MEIBOMITIS:** Start warm compresses over both eyes twice a day for 10-20 minutes each time. The compress should not be hot enough to burn the skin. This step helps to "melt the butter" (i.e., the thickened oil) in the oil glands. You can make your own heatable rice bag. Put uncooked rice in a clean sock and tie it off. Microwave 10-15 seconds until warm and place over the eyelid. This is reusable and can be microwaved over and over.



Follow your hot compresses with eyelid massage. Holding the eyelids at the outer corner of the eyelid and pulling the eyelid tight toward the ear with the tip of one index finger, stretch the lids taut to prevent opening of the eyelid during massage. Using the opposite index finger, apply direct pressure to the taut eyelids starting at the inner aspect of the eyelid near the base of the nose. Sweep with firm but gentle pressure toward the ear. Repeat this maneuver four or five times. Remember, the goal is to massage the loosened oil secretions from the glands that are distributed across the eyelid

2. FOR BLEPHARITIS: Try Eyelid Scrubs

Baby shampoo eyelid scrubs.



If you are concerned about Demodex blepharitis, use a product that contains Tea Tree Oil.



GENERAL INSTRUCTIONS FOR EYELID SCRUBS:

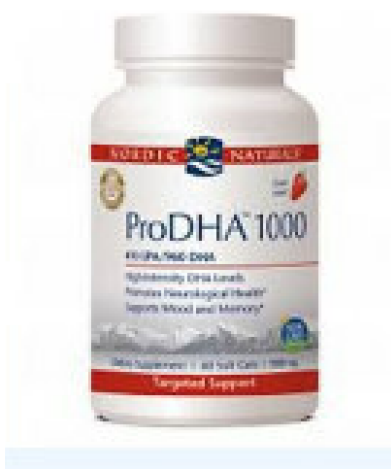
- Remove contact lenses prior to use.
- Wash your hands
- Place two pumps of Foam Cleanser on your fingers (or lather some baby shampoo on a wet washcloth)
- Apply to your eyelids and eyebrows by gently rubbing back and forth with your fingers against your closed eye lids
- Count 30 seconds before rinsing with warm water

You may find these products at drug stores such as Walgreens or Harris Teeter, or at Amazon.

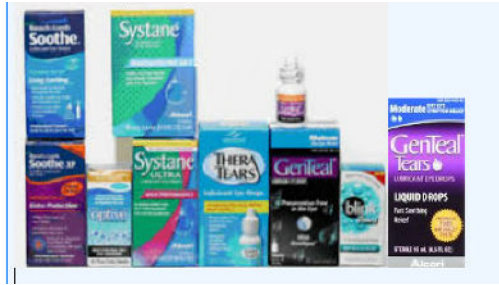
3. **FOR BLEPHARITIS AND MEIBOMITIS:** Hypochlorous acid ocular spray has some antimicrobial properties that may help control bacterial loads on the eyelids. A prescription form is available and may be a useful adjuvant.



4. **FOR DRY EYE AND MEIBOMITIS:** Try a wild-caught source of fish oil omega-3 fatty acids: Take at least 2000mg of omega-3s (read the bottle label to decide how many capsules that is). Nordic Naturals are high quality and may be purchased on-line at Amazon.com. My favorite is Nordic Naturals ProDHA 1000



5. **FOR DRY EYE AND MEIBOMITIS:** Start artificial tears to 4 times a day. Do not use anything with the label "redness relief" or "get the red out." Quality brands include Soothe, Refresh, TheraTears, and Systane.



If using more than 6x, get preservative-free kind. These come in individual vials



If you have meibomitis, use **artificial tears with an oil** (Refresh Mega-3 or Retaine MGD or Systane Complete or Refresh Digital), I recommend using them 3-6 times per day (or more as needed). FYI: sometimes, the oil is listed in the INACTIVE INGREDIENT list.

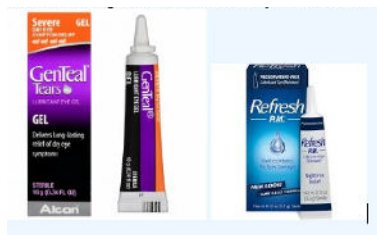


6. FOR MEIBOMITIS:

Start doxycycline 100 mg twice a day or azithromycin 1000mg once a week x 3 weeks.

7. FOR DRY EYE - PARTICULARLY IF YOU WAKE UP WITH A LOT OF DRYNESS

Use lubricating ointment into the eye in between the eyelids prior to bedtime.



Consider wearing some type of moisture chamber goggles while sleeping. TranquilEyes goggles are a good choice and can be ordered on their website: www.eyeeeco.com



Additional good information about dry eye can be found on this website:
www.dryeyezone.com