



**GENERAL PRACTICE ASSOCIATES, P.A.**

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## **BLEPHARITIS TREATMENT**

### **COMPRESSES:**

Apply very warm compresses onto your closed eyelids for 5 minutes. Run the hot water tap or fill a bowl with water. Use a clean washcloth and place over your closed eyes. If you have a sty/chalazion of the eyelid you should apply firm pressure on it during the compress. Do compresses once or twice a day for blepharitis and four times a day if you have a sty/chalazion.

### **LID SCRUBS:**

Purchase i-Lid Cleanser, Ocusoft lid scrubs, or Ocusoft lid foam. Some patients prefer scrubbing the lids with Johnson and Johnson baby shampoo while in the shower. After doing a warm compress scrub your eyelids where the eyelashes meet the eyelid. Do this twice a day for a week, then once a day thereafter for maintenance. Be careful not to scrub your eye.

### **OINTMENT:**

Squeeze a dab of the prescribed ointment onto your clean fingertip or Q-tip and rub it into all four eyelids where the lashes meet the eyelid. Also, put a ½ inch strip of ointment inside your eye by pulling down your lower eyelid. Your vision will be very blurry so do this at bedtime if treating blepharitis. If you have a sty/chalazion then apply the ointment onto the sty/chalazion four times a day after doing each compress application. Use ointment for 1-2 weeks unless told otherwise.

**Blepharitis** causes dry eyes, burning, tearing, blurred vision, redness, and a gritty feeling. If not treated, eye infections, chalazia and styes can form. It is commonly associated with a skin condition called rosacea. If the above is not helping your condition then we may need to prescribe other topical or oral medications to treat your blepharitis and or sty/chalazion.