

How do I clean my eyelids?

1. Wash your hands

Wash your hands well with some clean water and soap.

2. Use warm compresses

Soak washcloth in warm water (make sure the water is not too hot). Close your eyes and gently press it against your eye area for five minutes. This will help to soften any hardened oil secretions and unclog the oil glands.

3. Do some eyelid massage

Massage your eyelids using your forefinger. Move in a downward motion for the upper eyelid and an upward motion for the lower eyelid.

4. Perform eyelid hygiene

Use the eyelid wipe to clean your eyelids. Gently rub the eyelids along the eyelid margin. Starting at the roots and going away from the eye for both lower and upper eyelids. It is best done with the eyelid closed, this ensures that you don't accidentally poke yourself in the eye.

5. Apply prescribed drops or ointment

Itchy, flaky, painful eyelids?



**See an eye doctor today if your eyes
always feel uncomfortable**

Blepharitis

(BLEF-UH-RYE-TIS)

Contact us

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 oasiseye.my

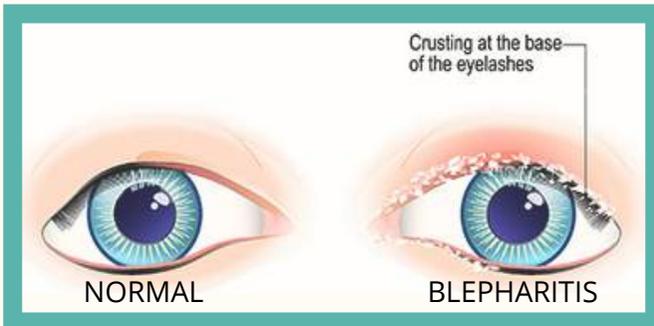
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What is blepharitis ?

Blepharitis is an inflammation of the eyelids. It can affect people of any age, but is more common in the older population. It occurs due to an overgrowth of bacteria that live along the margins of the eyelid and base of the eyelashes. Over time, they multiply and create a bio-film which encourages the growth of parasitic eyelash mites called Demodex. This in turn causes worsening of the eyelid inflammation.



What are the signs and symptoms?

- Red eyes
- Gritty, burning or stinging sensation
- Watery eyes
- Greasy and itchy eyelids
- Red, swollen eyelids
- Flaky skin around the eyes
- Crusted eyelashes upon awakening
- Sticky eyelids
- Eyelashes that grow abnormally
- Loss of eyelashes

What treatments are available ?

Blepharitis is a long-term condition. There is no cure but symptoms can be improved and controlled. It may take some time before treatment is successful. Left untreated, it may lead to dry eyes, cysts and conjunctivitis. Your ophthalmologist will be able to advise you on the best treatment options which may also include:

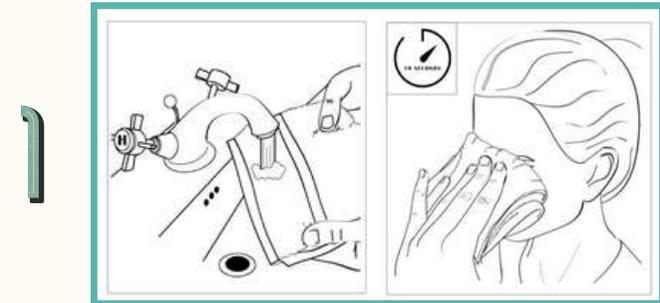
- Warm compress (eye mask)
- Eyelid wipes
- Antibiotics
- Omega 3 supplement
- Medicated eyedrops
- Eyelid hygiene devices (BlephEx/ IRPL)

Some of the following measures may be recommended to ease your symptoms:

- Eyelid hygiene to remove crusts and scales from the eyelid margins and unblock the eyelid glands. To begin with, you may need to clean your eyelids twice a day. In the long-term, you will need to clean them at least two to three times a week as a preventive measure.
- Artificial tear drops may also be used to treat dry eye symptoms and tear film instability.

Eyelid hygiene care

WARM COMPRESS



EYELID WIPES



Scan the QR code above for an instructional video on eyelid wipes

EYELID HYGIENE DEVICE

