

WESTSIDE OPTOMETRY

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Eyelid Health

[] Meibomian Gland Dysfunction

The secretions of the meibomian gland are important to tear quality. The glands can become plugged causing burning eyes and red eyelids. The meibomian glands are located in the eyelid, between the lashes.

[] Blepharitis

Like your scalp, your eyelids can be affected by dandruff (a form of seborrheic dermatitis). The flakes and scurf that are found on the lid margins and eyelashes will get into the eye, making it itchy and irritated. The eyes may water or feel gritty.

Treatment

1. Apply a very warm washcloth to both of your eyes for 5 minutes or more. You may need to re-warm the cloth. This unplugs the glands and loosens dried mucus.
2. Make a mild cleansing solution by mixing 1 part baby shampoo with at least 7 parts water. Keep this in a small bottle for convenience. Pre-made solutions are also available in the drugstore.
3. Scrub the bases of the upper and lower eyelashes with a cotton swab and the cleansing solution using a to and fro motion. Remember to scrub the bases, where the lashes attach to the lid.
4. Rinse the eyelids and lashes thoroughly with warm water.

Dr. Griffith recommends that you do the warm compresses and scrubs every night before going to bed. You can even do the lid hygiene in the shower or bathtub.

If you have any question, please call the office at (707)762-8643 or send an email to info@westsideoptometry.net.