Blepharitis Instruction Sheet

Lid Hygiene Program

This treatment program can be used up to twice daily if symptoms are severe. Remember, if your eyes are not responding, make an appointment with Dr. Goldstein.

1. Soak a clean washcloth in hot water and use it as a hot compress on both eyes. Leave it in place for 1 to 3 minutes, until it cools.
2. Fill a small bowl with a few inches of hot water.
3. Add 4 or 5 drops of Johnson and Johnson Baby Shampoo in the water.
4. Use the washcloth or a few cotton balls; swish them around in the water to mix it.
5. Scrub the eyelids of one eye for 30 to 60 seconds, with the eye closed.
6. Rinse the eye with tap water.
7. Repeat the procedure on the other eye.

You can perform scrubs on your eyes every day, once a week, or as often as needed to control your symptoms. Over time, you will learn how often you need to perform lid scrubs to control your symptoms. When your symptoms flare up, increase the frequency of scrubs. If there is no improvement over 2 or 3 days, or if you begin to experience pain, discharge, or decrease vision, make an appointment to see Dr. Goldstein.

Alternatively, many patients prefer a preparation that comes in a foam form. This product is called "Ocusoft" and is available in the pharmacy. It has the advantage of being easy to use in the shower, or without the use of cotton balls and bowls.