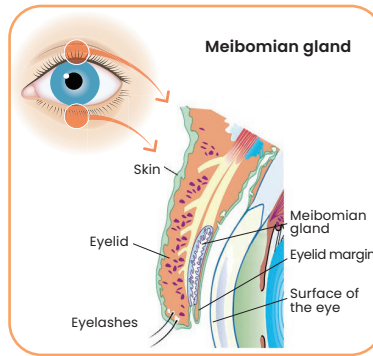


WHAT IS BLEPHARITIS?

Anatomy of the eyelid and the eyelid margin

The eyelid margin forms the transition from the skin to the conjunctiva (the mucous membrane lining the inside of the eyelids and the white of the eye). The eyelid margin, next to the eyelashes, is also where the Meibomian glands are located. These glands are responsible for the production of sebum or meibum, an oily substance that is part of the tear film. The tear film plays an important role in protecting and nourishing the eye.



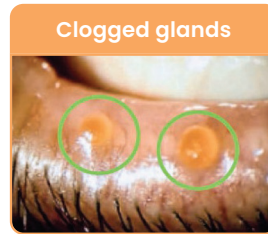
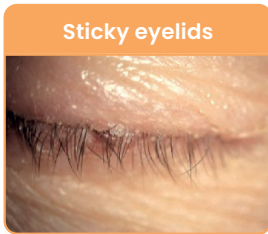
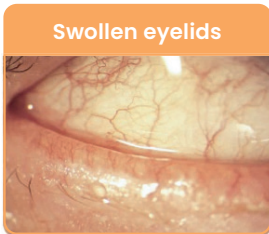
Blepharitis is a chronic inflammation of the eyelids and/or the free eyelid margins

Blepharitis can occur at any age, in both men and women. It is one of the most commonly occurring eye conditions. During routine consultations with ophthalmologists, blepharitis is diagnosed in 2 out of 3 patients (1). Blepharitis may be linked to bacterial infections, skin diseases (such as rosacea) or the Demodex mite.

The most typical symptoms include:

- swollen, itchy or red eyelids
- sticky eyelids
- flakes and crusts on the eyelids and eyelashes

When the Meibomian glands do not function properly or they become clogged, this can lead to blepharitis and to dry eye complaints. There is also the chance that a blocked meibomian gland can form a hard lump in the eyelid, also known as a chalazion.



Blepharitis cannot be cured

Good eyelid hygiene and regular cleaning can usually keep blepharitis under control. Sometimes, an additional treatment with antibiotics or **Blephademodex®**, for example, may be necessary; always follow your ophthalmologist's advice.

The basic treatment for blepharitis is a thorough eyelid hygiene routine on a daily basis consisting of 3 steps:

1 WARMING

2 MASSAGING

3 CLEANSING

In addition to this, additional treatments or precautions may be beneficial, depending on the type of blepharitis:

- Avoid make-up on the free eyelid margins
- Discontinue wearing contact lenses
- In case of seborrheic symptoms, an anti-dandruff shampoo on the scalp may also help
- Antibiotic or cortisone therapy
- Specific treatments for Demodex infestation

Blepharitis is also one of the main causes of dry eyes: Applying artificial tears (without preservatives) helps relieve the dry eye symptoms that result from blepharitis.

(1) Doan S et al. Evaluation of the eyelid disorders in the daily ophthalmic practice in 9 European countries: The MEIBUM Survey, Ever 2016

EYELID HYGIENE FOR BLEPHARITIS

in 3 steps

1

Apply heat to your eyelids

The warmth of the **Blepha EyeBag®** heat mask liquifies the oily secretions of the Meibomian glands and provides rapid, long-lasting comfort.



2

Massage your eyelids

After the heat treatment, the secretions from the Meibomian glands will have become fluid. The glands can then be cleared by massaging them.



For greater comfort, the glands may also be gently squeezed between the thumb and index finger. The secretions can also be stimulated by blinking the eyes. Seek advice from your ophthalmologist. After this massage, it is time to cleanse the eyelids.

3

Cleanse your eyelids

Manual cleansing of the eyelid margin is very important. To do this, use one or more of the products developed specifically for this purpose: **Blephaclean®** sterile wipes, **Blephasol®** lotion or **Blephagel®**. These products are **free of preservatives**, which helps prevent irritation due to toxicity on the surface of the eye and at the eyelid margin. Rinsing after cleansing is not necessary.

Use the ready-to-use **Blephaclean®** wipes or apply **Blephasol®** or **Blephagel®** to a gauze pad. Wrap the wipe around the tip of your index finger. Then pull your lower eyelid down and rub the wipe over the eyelid margin where the lashes are. Repeat this on the upper eyelid by pulling the upper eyelid upwards and rubbing the wipe over the eyelid margin where the lashes are. Removes all the crusts and flakes in this manner. **Rinsing after cleansing is not necessary.**



Blephasol® and **Blephagel®** can also be applied using a cotton bud. Soak a cotton bud with **Blephasol®** or apply a dose of **Blephagel®** (pressing the pump once is sufficient) to the bud. Clean as close as possible to the eyelid margin and between the lashes.

If the blepharitis is Demodex-related, the use of **Blephademodex®** is recommended. Cleansing with **Blephademodex®** sterile wipes should always be done with the eye closed. Read the leaflet carefully before use. When determining the duration and frequency of the treatment, it is best to follow your ophthalmologist's advice.

A specially adapted range of products for eyelid hygiene

