

## Blepharitis

Blepharitis is a condition in which normal bacteria of the eyelids get out of control. Symptoms can include itching, burning, dryness, and watering.

There is not a miracle cure or surgery for this problem.

### It can be treated by:

1. Holding a warm, damp washcloth over your closed eyes for several minutes a few times a day. If your case is more severe you may need to wash your lids with a baby shampoo.
2. Diluting a small amount of baby shampoo with water in the palm of your hand, then wash your eyelashes thoroughly and rinse with warm water.
3. If the itching does not go away after warm packs and lid scrubs, your doctor can prescribe an antibiotic ointment to use at night.
4. If your eyes are dry, we recommend using **non-preserved artificial tears**, such as Refresh®, Hypo-Tears® or one of the many others available over-the-counter. Eye drops that have a screw-on cap are preserved and can irritate the eye with extended use.

If you have any questions call the Eye Clinic at (612) 467-3443, Monday through Friday, between 8:00 a.m. and 4:30 p.m.

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