Eyelid Inflammation Treatment

Self-Care at Home

Good eyelid care is usually sufficient for treatment. Until this condition is cleared, you should refrain from using eye makeup or wearing contact lenses. Daily eyelid care may be required after the initial episode has cleared.

- Apply warm compresses to your eyes for 10-20 minutes 4 times per day to cleanse them and to reduce discomfort. Using a clean wash towel for each cleansing is important. Be careful to avoid rubbing or scratching your eyes.
- Using a cotton swab, carefully clean the lid margins with a dilute baby shampoo or a baby body wash solution in the morning and at bedtime.
- Artificial tears are also helpful.

Medical Treatment

The cornerstone of therapy is good eyelid hygiene. You may be prescribed a topical antibiotic if your ophthalmologist believes that you have an infectious form of blepharitis. Occasional blurriness may occur after eyedrops or ointments are placed in your eyes. This should clear up quickly. Resistant cases of blepharitis may need oral antibiotics.
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- Exams and Tests
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