



BLEPHARITIS/ CHALAZIA RESOURCE GUIDE

BLEPHARITIS is an inflammatory condition of the eyelids and ocular surface that encompasses tear film imbalance, oil production, bacterial overload and hypersensitivity to bacterial toxins to various degrees in different people.

Plugging of the eyelid oil glands may cause a HORDEOLA, CHALAZIA or STYE, characterized by a swelling of the eyelid with associated erythema and eventual formation of a hard “bump”.

Treatment in the acute phase includes:

1. Warm Compresses
 - a. Warm washcloth held over closed lids for 5 minutes twice a day
 - b. STYE Eye therapy: warming compress that covers one eye
 - c. THERA-PEARL Sports Pack: covers both eyes
2. Lid Scrubs (be sure to read instructions carefully on wipes)
 - a. Baby Shampoo on a washcloth or Q tip to lid margin
 - b. Blephaclean
 - c. OcuSoft
 - d. Cliradex
3. Antibiotic / Steroid Ointment, Topical Drops, Oral medications: As indicated by your doctor (Call immediately if you develop facial swelling or worsening injection of eye)

Long Term Prevention includes:

1. Omega 3 Supplementation (EPA component has greater effect than DHA) Fish oil supplements are superior to other forms. Daily dose of 100-200mg/ year of age up to 6 grams
 - a. Barleans “Swirl” (1 Tbl contains EPA 910/ DHA 590mg)
 - b. Nordic Naturals “Boost” (1 Tbls contains EPA 810/ DHA 495)
 - c. Flax Seed Oil (1-3 g/ day)
2. Treatment of underlying skin conditions such as rosacea, eczema, atopic dermatitis
 - a. If < 8 yrs old:
 - i. Azithromycin 10mg/kg/day Day one, 5mg/kg/day Day 2-5 then 10 mg/kg once per week X 1-3 months
 - ii. Erythromycin 200 mg BID x 2 weeks, then q day x 1 month, then 100 mg x 1-3 months
 - b. If > 8 years old:
 - i. Doxycycline 100 mg BID x 2 weeks then 100mg/ day x 1 month then 50 mg / day x 1-3 months
 - ii. Tetracycline 250 mg QID x 2 weeks, 250 mg BID x 1 month, then 250 mg/ day x 1-3 months
3. Ocular Lubrication/ Avoiding Dry Eye: If you have underlying dry eye or systemic conditions associated with dry eye:
 - a. Artificial Tear / gel supplementation: GenTeal, Systane, Preservative Free
 - b. Do NOT sleep under ceiling fans
 - c. Moisture chamber goggles

If non-responsive, surgical intervention with Steroid injection or incision with curettage may be recommended (in the operating room for children)