

Danville Optometric Eye Clinic
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Condition: Meibomian Gland Dysfunction and Blepharitis

You have been diagnosed with a condition called Blepharitis. Blepharitis is a mild bacterial infection of the eyelid lashes. It is normally a staph type of infection.

Meibomianitis is the inflammation of the meibum glands as a result of chronic blepharitis which is a result of a staph bacteria or from a mite called demodex.

Both of these conditions are treated as follows:

1. Place the medical heating mask in the microwave for 15-20 seconds depending on your microwave. Do not do any longer as it may burst with excessive heating. Then the mask is to be worn for 5 minutes. Then it is to be reheated another 10-15 seconds and placed back on her eye. Repeat these steps every 5 minutes for a total of 20 minutes in the morning and in the evening.
2. Following each heating session of 20 minutes, then use one eye cleaning pad by folding in half and using the corner of the pad to cleanse the base of the lower eyelid lashes. Rub back and forth 10-15 times along the eyelid margin. Do not rub inside the eye or the skin of the eyelid. Then fold inside out and again use the corner of the pad to cleanse the top base of the lashes. Rub back and forth along eyelid margin. Repeat with a new pad for the other eye.

This cleansing must be done after each 20 min heating session. Do not use the same eye lid scrubbing pad on the opposite eye as it may spread the infection.

Compliance is critical to successful treatment of your condition. Use two (2) pads in the morning and two (2) pads in the evening cleaning each eye separately. Four (4) total pads per day. 1 box of 30 of lid wipes will last one week. If the doctor prescribed special box of 20 Tea Tree Oil pad then these will last 5 days.

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