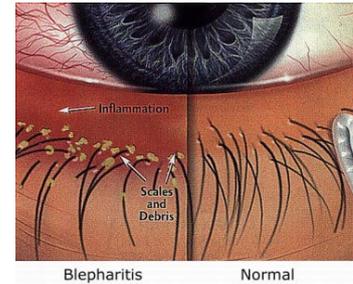




## Information for patients with chronic eyelid inflammation (blepharitis)

You have a chronic inflammation of the eyelids called blepharitis. This inflammation will not threaten your visual acuity. However, it is a condition that repeatedly leads to red, sticky, and itchy eyes. A congestion of secretions in the sebaceous glands along the rims of the eyelids can also play a central role. Paradoxically, watery eyes are also an indication of dry eyes. The eye wants to protect itself with the excessive production of tears.



*The following simple method explains how you can alleviate and/or prevent the condition:*

### 1. Hot compresses

Apply a clean flannel soaked in hot water to closed eyes mornings and/or evenings. Leave the warm compress on for approx. 5–10 minutes. Once the flannel has cooled down, repeat the process 1–2 times.

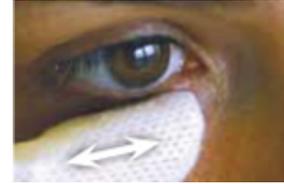
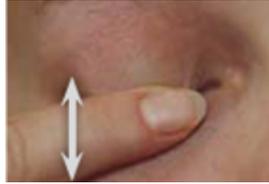
This should cause the oil that has accumulated in the clogged sebaceous glands to liquefy. Alternatively, you can also use tea bags, preferably black tea.



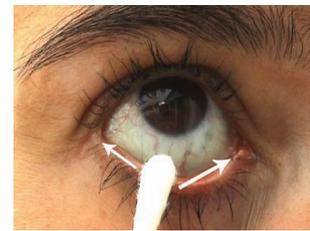
### 2. Massaging and cleansing the rims of the eyelids

Then massage the eyelids with a cleansing tissue, e.g. Blephaclean, Blephagel Duo, Lidcare (alternatively, cotton tips are also possible) or clean fingers in the direction of the eyelashes, i.e. on the upper eyelid from top to bottom and on the lower eyelid from bottom to top.

Massaging removes the crusts and allows the sebum to flow off better. Clean the extracted sebum thoroughly from the upper and lower eyelid rims (horizontally).



If you notice an improvement through this cleansing and massaging procedure, then you should do this consistently 1–2 times a day for a month at the beginning. You can vary the frequency when the condition has improved, e.g. every other day or 2 times a week. Since it is a chronic condition, these measures often have to be carried out over a very long time or even permanently.



### **3. Anti-inflammatory eye drops (e.g. FML Liquifilm eye drops)**

In addition to the above-mentioned cleansing and massaging of the eyelid rims, you should also use eye drops. These should be applied 3 times a day. If you wear contact lenses, please remove them before applying the drops and wait at least 10 minutes before reinserting them.

### **4. Anti-inflammatory eye gel (e.g. Fucithalamic eye gel)**

The eye gel should be applied once a day. As it can leave a milky film and temporarily blur vision, we recommend applying the gel just before you go to bed. It is normal for the gel to cause a slight burning sensation in the eyes, but this should subside after a short time.



## 5. Treatment plan

When Medication	Morning	Midday	Evening	Night
FML Liquifilm eye drops				
Dexafree eye drops				
Fucithalamic eye gel				
Blephagel Duo/Blephaclean /Lidcare				
Compresses				
Vibramycin Acne (30 minutes before a meal with a glass of water)				

If you have any questions about the steps shown above, please feel free to contact us and we will be happy to explain.