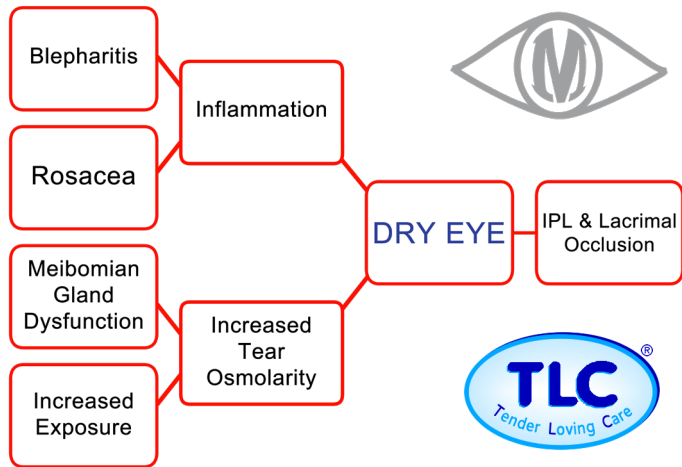


Dry Eye & Blepharitis

and its treatment



Matheson Optometrists

Specialist Therapeutic Optometrists

Dry Eye is caused by either a patient not secreting enough water into their tears, often a problem post-menopause or associated with certain inflammatory conditions, or excess evaporation of the watery component of the tears often due blocked oily glands on the lid margin. Both situations result in tears that are over concentrated or “too salty”.

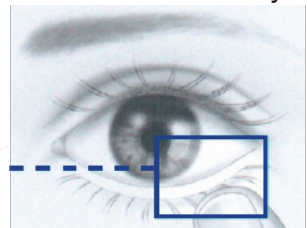
Eye drops such as MeiboTears, both top up the watery component of the tears and supplement the lipid layer of the tears, reducing evaporative loss.



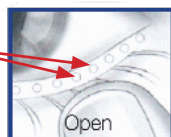
The oily glands narrow as we get older and the composition of the oils secreted becomes more viscous and can solidify and completely block the glands.

These blocked glands often become inflamed and infected – this is called blepharitis which can make your eyelids red, itchy, burning and sore and sting. In severe cases, your lashes may fall out, the eyelids become swollen and you can develop marginal corneal ulcers and styes.

The symptoms tend to be often worse in the morning and when you wake up you may find your lids are stuck together. Being a chronic condition it can come back if lid hygiene is neglected. The lipid layer of the tears can be improved by oral supplementation with omega 3 fish and flax oils.



Meibomian glands





MeiboClean Foam Eyelid Cleaner and Sterilid Gel help unblock meibomian glands and contain an extract of Tea Tree oil which helps reduce the bacteria associated with blepharitis and meibomian gland dysfunction. TLC Lid Wipes are great for more sensitive eyes, are preservative free and contain camomile extract, they are great at unblocking the meibomian glands and general lid hygiene.



The efficiency of lid hygiene is massively improved if a hot compress using a MeiboMask is performed prior to lid cleaning and a MeiboMask cold compress is done afterwards. Heated



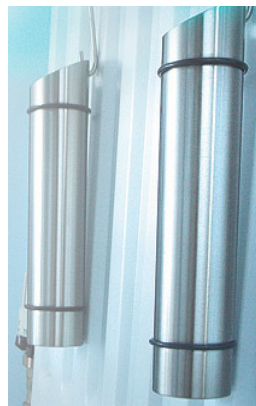
in boiling water for 40 seconds, they stay warm for up to three minutes. One mask is used as a hot compress to melt the waxy deposits which block the meibomian glands, prior to lid cleaning, another is kept in the freezer to be used as a cold compress after cleaning the lids to cool the eyes back down again.

Radiator Humidifiers aid greatly in the relief of dry eye symptoms. Filled with water, the radiator warmth

causes slow evaporation, increasing atmospheric humidity - perfect for the winter months. Punctal occlusion and cautery reduce the speed the tears drain away. These can be helpful when a very low tear volume is present.

IPL – Intense Pulsed Light treatment reduces inflammation, stimulates the lipid glands by PhotoBioModulation to produce better secretions and kills mites and bacteria living in the oily glands.

See our dedicated leaflets and the matheson-optometrists.com video page



DRY EYE TREATMENT PLAN

- ☐ **MeiboTears / Hydramed** - 1 drop early evening, 2 drops bed-time, 1 drop early morning, minimum.
- ☐ **Night-time drops**
- ☐ **MeiboMask hot compress** - Immerse in boiling water for 40 seconds, check temperature on cheek and apply for 2 minutes.
- ☐ **MeiboClean/ Sterilid Gel** - Warm lid area. With eyes closed, massage into lid margins counting to 90 slowly. Rinse off. Cool.
- ☐ **TLC wipes** - Warm eyelid area, look down, wipe upper lid above the lashes outwards towards the temple. Look up and wipe similarly below the lower lashes. Close eyes and wipe vertically downwards. Wait 5 seconds and then repeat. Cool lids afterwards.
- ☐ **MeiboMask cold compress** - Remove from the freezer for two minutes before use to ensure correct temperature. Use after MeiboClean/ Sterilid Gel routine if suffering from swollen lids or allergy.
- ☐ **Meibo-Nutrition Omega 3** - Take with breakfast .
- ☐ **Radiator Humidifiers** - Two per radiator for best results.
- ☐ **IPL** - See seperate leaflet / YouTube video.
- ☐ **PRP** - See seperate leaflet / YouTube video.
- ☐ **Lacrimal Occlusion** - See separate leaflet / YouTube video.
- ☐ **ilast Care** - Massage small amount on to skin of lower eyelid area below lashes morning and night after lid hygiene.
- ☐ **Additional treatments**



Why not visit the Dry Eye Forum
The place to talk about Dry Eye!
dryeyeforum.co.uk



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