

Seborrheic Blepharitis Therapy

- 1) Hygienic Lid Scrubs
 - a) Follow package instructions
 - b) Do on a daily basis, once per day is usually sufficient; can be used up to 4 times per day if needed.
 - c) Be gentle

- 2) If still experiencing problems use polysporin ophthalmic ointment along the edge of your top and bottom eyelids every night. Important to wash your hands thoroughly prior to the application of the above.

You will probably always have to do eyelid maintenance daily, minimally every 2 days if you want to maintain reasonable control. These procedures will always help some; they may not totally eliminate the blepharitis.