



## Treatment for Demodex Blepharitis

### Supplies:

- Cetaphil soap
- Ocusoft or Sterilid lid cleanser
- Warm compress- microwaved Bruder mask, gel mask, sock filled with rice, hot tea bags, etc. A warm, wet washcloth cools too quickly.
- Cliradex or homemade Tea Tree Oil lid treatment\*
- Non-preserved, unit dose artificial tears by TheraTears, Refresh, Optive, Systane, or Genteal

### Nightly Treatment for 2 Weeks:

- Wash your face and closed lids with Cetaphil soap, rinse and dry.
- Clean lids with Ocusoft or Sterilid cleanser as directed.
- Apply warm compresses (as warm as can tolerate without damaging the skin) for 5 min. Then massage the upper and lower lids toward the lashes to get the glands flowing.
- Wrap the Cliradex towelette around your finger. Close the lids firmly to prevent stinging from getting the solution into the eyes, but not so tightly that the solution can't get to the base of the eyelashes. Gently rub the towelette along the base of the lashes using a side-to-side motion, all the way from corner to corner, 5 or 6 times.
- Keep lids closed and allow solution to air dry for 30-60 secs, then rinse. If it is stinging excessively rinse immediately and before opening eyes.
- Place a drop of non-preserved artificial tears in each eye.
- In the morning, wash your closed lids with Cetaphil soap.

### Daily Maintenance (or as needed to :

- Clean your face and lids with Cetaphil, rinse and dry eyes.
- Apply warm compresses for 5 min, followed by lid massage.
- Moisten a Q-tip with diluted tea tree oil (1 drop/oz of water) and apply to the base of the lids.

### \*Homemade Tea Tree Oil Lid Treatment

Mix equal parts tea tree oil (an essential oil available at Whole Foods, Trader Joes, drug stores, etc) and coconut oil in the palm of your hand. Dip a Q-tip in the mixture and squeeze out the excess to minimize stinging. Apply to lids in place of the Cliradex as instructed above.

Note: Burning, itching, and redness can be a sign of allergy to the treatment or the death of the demodex mite. If you have any concerns about your symptoms, stop treatment and call the office.

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