

Who We Are

About Us

Dr. Cecchi offers a wide variety of eye and vision related services.

Specializing in cataract surgery, he also offers comprehensive eye exams, glaucoma screening and treatment, macular degeneration monitoring, and functional eyelid surgery.

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**Blepharitis and
Granulated Eyelids**



What is Blepharitis?

Blepharitis is a chronic inflammation of the eyelid. It is important as it can affect the quality of vision as well as the overall health of the eye. There are 2 forms of this very common problem.

Anterior Blepharitis: This affects the outside front of the eyelid, where the eyelashes are attached. The two common causes of this form are bacteria (Staph Aureus) and scalp dandruff.

Posterior Blepharitis: This affects the inner eyelid, the moist part that makes contact with the eye. Plugging and inflammation causes the small oil (meibomean) glands to work improperly. This may lead to a poor tear film, causing blurred vision, irritation, or pain.

Treatment

Treatment can be difficult and usually requires multiple methods. The main focus of treatment is eyelid hygiene in order to keep the eyelids clean and free from crusting.

Non-prescription methods include:

Warm compresses. Apply a warm compress to eyelids once or twice a day.

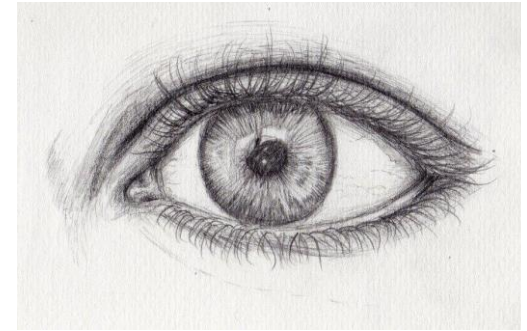
Baby Shampoo. Scrub the eyelid margin with a mixture of baby shampoo and water with a moistened cotton swab.

Artificial tears. Use artificial tears twice a day, artificial tear gel or ointment before going to bed.

Eyelid cleanser. Available at most pharmacies in the form of a sterile towellette or a foam soap. Use daily as directed.

Water intake. 8- 8ounce glasses of water are recommended a day.

Omega-3 Vitamins. This is found in fish oil tablets and flax seed oil. Helps with meibomean gland function.



Prescription methods include:

Topical medications such as non-steroidal or steroid drops or ointment.

Oral antibiotics are also used.

One hallmark of this problem is its variability. Sometimes you may feel completely symptom-free, while at others very bothered. Dr. Cecchi may recommend medications or variations to the above. Think of eyelid hygiene as you do brushing your teeth: a daily ritual can pay real dividends in health, comfort, and vision.