



In order to help you understand the care we have provided; I have prepared this examination report to address the principal features of your eye health and your vision correction requirements.

POSTERIOR BLEPHARITIS – MEIBOMITIS

The meibomian (mi-bo'-me-an) glands, named for the German anatomist Heinrich Meibom, are positioned in a row along the posterior (back) edge of the upper and lower eyelid margins. These important glands lie very close to the eye. Meibomian glands supply the oily component of the normal tearfilm and are in large part responsible for ocular comfort.

When these glands become blocked, inflammation or infection may follow causing "meibomitis." Depending upon the severity of the lid-margin disease, it may be necessary to release eyelid secretions by manually expressing them at the examining microscope. Further treatment will certainly require careful lid hygiene, including periodic warm lid-scrubs. Heat is helpful to open the glands and to soften the blocked glandular secretions.

In some cases, it may become helpful to undergo a course of oral antibiotics. There is no reliable permanent cure for this disease and this condition may recur from time to time. It is important to bear in mind that this is an eyelid abnormality which may, in large part, be controlled by the patient. Your comfort can generally be maintained by ongoing care and treatment.

HOT COMPRESSES

Soak a clean face cloth in tap water that is as hot as possible without burning. Wring out the excess water and place the hot face cloth over the affected area. The warmth and moisture of the hot compresses will tend to decrease tenderness, increase comfort and increase blood circulation in the affected area, which is needed for healing. Repeat this procedure often in the early stages of treatment and gradually reduce frequency as your symptoms decrease.

This treatment plan is provided as an advanced level of service. If you have any questions after reading this report or if your condition does not improve, please contact my office immediately. Thank you for allowing me to participate in your care.