

HEAT TREATMENT

Heat treatment is a key protocol for managing dry eye symptoms and improving ocular health.

Heat treatments should be about 10 minutes duration:

WHEAT/ HEAT BAG (readily available):

You want a heat that is as warm as you can tolerate, not HOT. It can rest on the forehead and cheeks, just creating a humidity chamber to heat the eye lids. Move the beads as it cools down.

DERM MASK (and other commercial devices): Designed to be in the microwave for a short time and placed along the eyelids. Follow directions, and again, move the beads as it cools down.

GEL HEAT PACK: For those without a microwave, heat a gel pack as directed in hot water, then place a damp flannel or paper towel to protect the lids, and give humidity before placing across the closed eyelids.

STEAM: Many people belong to a gym that has a sauna, or have access to a sauna (e.g. whilst travelling) or wish to 'steam' their eyes over a hotpot of water with a towel overhead to trap the heat. So long as this is gentle and does not irritate or burn the lids, it is fine.

MORE INFORMATION

Medicare will rebate approximately 50% of consult fees for eligible card holders and we process this on the day of your appointment. You may pay from any account (including AMEX) but your rebate can only be made directly to a cheque/savings/debit account (card needed). Currently health funds are not able to contribute to any of the diagnostic tests that we do. As this is a chronic condition, several consultations over a few months are often required to achieve best management. Ongoing maintenance visits are recommended.

Day	Hours
Monday	CLOSED
Tuesday	9:30am - 5:30pm
Wednesday	OPENING SOON
Thursday	8:30am - 5:30pm
Friday	9:30am - 5:00pm
Saturday	CLOSED
Sunday	Closed

For product purchases we recommend calling the clinic before dropping in as we do occasionally close for training and holidays. We also post items.

ALLEVE EYE CLINIC

49A Stephen Terrace
St Peters SA 5069
Tel 08 7225 9798
Fax 08 8312 4900
www.alleveeyeclinik.com.au
bookings@alleveeyeclinik.com.au



BLEPHARITIS



ALLEVE EYE CLINIC

www.alleveeyeclinik.com.au



ABOUT BLEPHARITIS

BLEPHARITIS is a condition where the eyelids are inflamed, and it occurs in two forms which can occur independently or together.

ANTERIOR BLEPHARITIS is often caused by an overgrowth of ocular bacteria or a mite called the Demodex mite - which can be part of our normal ocular and facial biome and resides in the oil glands and lash base.

Neither conditions are indications of personal hygiene or infection - rather they are very common occurrences at any age and can also cause dry eye symptoms. Demodex mites are present on 70% of people aged fifty and this increases with age, and are common in people with facial and ocular Rosacea.

POSTERIOR BLEPHARITIS is caused by blocked, inflamed or absent (dead) Meibomian (oil) glands. 85% of dry eye is caused by poor functioning oil glands. Every time we blink, water is produced as the bulk of the tear, and so is oil. This oil rises to the surface and prevents tear evaporation. If it is of a paste consistency or even harder, it won't come out - and leads to dry eye symptoms.

ANTERIOR BLEPHARITIS

The main form of treatment is cleaning along the base of both sets of eyelashes carefully with a recommended preparation. This may be a short term treatment option, or ongoing maintenance and may be regular or intermittent, depending on the duration and frequency of the condition. **TREATMENTS INCLUDE:**

STERILID: Shake the container and squeeze some foam on to your clean finger. Rub gently along the base of both the upper and lower eyelashes, leave for 60 seconds then wash off.

TEATREE OIL: BLEPHADEX WIPES OR FOAM: Demodex mites are active at night time, and are repelled by tea tree oil. Rub a layer of the **BLEPHADEX** wipes or foam over the lashes*, over the eyelids and even over the brows and cheeks last thing at NIGHT. **DO NOT WASH OFF!**

** If you are making your own solution, dilute 1 drop of tea tree oil (TTO) to 10-20 drops of oil (walnut, rose-hip, macadamia, almond etc.), aiming for a 5-10% concentration. Use a cotton bud or make up pad to wipe across the base of the lashes, across the eyelids and the brows and face at NIGHT. DO NOT WASH OFF.*

POSTERIOR BLEPHARITIS

The inflammatory nature of 'dry eye' involves disruption of the natural, healthy bacteria on the eyes. This bacteria releases enzymes that change the chemical properties of the oil glands in the eye causing it to go from an olive oil consistency to pasty, thick or even like lard, and not melt at body temperature any more. This means the aqueous (water) is no longer trapped by the oil and the tears evaporate quicker than they should, leading to dry eye symptoms.

Research shows that 10 mins of humid, low heat of about 42 degrees is enough to help melt the oil. Our aim is to decrease the eye inflammation and return the oil to a naturally oily consistency to create a healthy tear film that gives clear vision, gets rid of debris and hydrates the eye surface.

Heat can be achieved by many methods. Once or twice a day is usually sufficient to melt the oil between in-room sessions. There is no need to massage the eyelids.

See overleaf for treatment options >