



 @springfieldfamilyeyecare  
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Springfield Family Eyecare  
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## BLEPHARITIS REGIMEN

### 1. Lid scrubs and warm compresses

- Apply baby soap (e.g. *Johnson & Johnson*) to a warm towel gently scrub upper and lower lid margin 2x a day
- Alternatively, purchase lid scrubs (e.g. *Ocusoft*) and gently scrub upper and lower lid margin 2x a day
- Warm compress with a moist towel over both closed eyelids for 5-10 minutes 2x a day

### 2. Artificial Tears

- Use 2-4x a day in both eyes
- *Systane, Refresh, SootheXP, TheraTears, Blink*

### 3. Tea tree oil

- Apply to closed eyelids 2x a day.  
Let air dry.
- *We Love Eyes, Cliradex*
- If using pure tea tree oil, dilute 2-3 drops with half a teaspoon of coconut oil



### 4. Hypochlorous acid

- Spray on closed eyelids 2x a day.  
Let air dry.
- *Avenova, OcuSoft Hypochlor, TheraTears SteriLid*



### 5. If applicable, reduce makeup wear