

Follow these **simple steps** for the
management of blepharitis.

Step 1. Warm Compress

If recommended, a warm compress can help to loosen the debris on the lashes allowing for easier removal with LID-CARE[®]. Use a clean wash cloth soaked in warm water and hold on the eyelids for about 15 minutes. Re-warm the cloth as necessary.

Step 2. Prepare cleansing pad

LID-CARE[®] Towelettes: Open foil pouch and remove pre-moistened towelette.

LID-CARE[®]: Completely saturate supplied gauze pad with LID-CARE[®].

Step 3. Clean the lid margin with LID-CARE[®]

In front of a well illuminated mirror, fold the LID-CARE[®] Towelette or gauze pad; open the eye and expose the lid margin. Scrub the upper and lower lids by rubbing the sudsy pad back and forth along the base of the lashes several times. Care should be taken not to rub the eye itself.



Step 4. Clean the eyelid area with LID-CARE[®]

Close the lid and rub the LID-CARE[®] Towelette or gauze pad over the upper and lower eyelid and lash several times.



Step 5. Rinse

After each application, rinse the cleansed area thoroughly with clean, warm water and pat dry.

Your doctor may also prescribe other eye medications to treat inflammation associated with blepharitis. These should be used as directed.

Repeat each step for the other eye; do not use the same LID-CARE[®] pad.

The above eyelid hygiene steps should be repeated twice a day for 3 months, and then once a day for ongoing control of your blepharitis.

LID-CARE[®]
TOWELETTES
EYELID CLEANSER & EYE MAKEUP REMOVER



 **NOVARTIS**
OPHTHALMICS

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What is

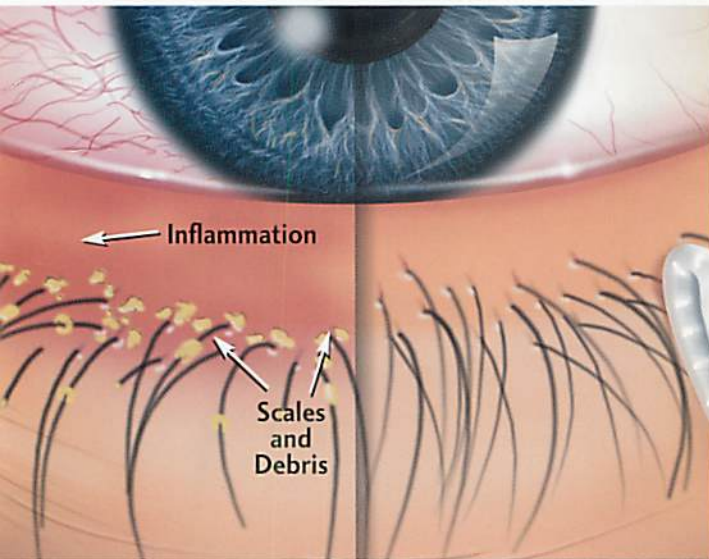
Blepharitis?

Blepharitis is a common and persistent inflammation of the eyelids. There are several types of blepharitis most of which are caused by bacterial infection, however allergies, toxins or viral infection can also lead to its development.



What are the Symptoms?

Commonly, your eyelid margins are red, with scales and flakes apparent at the base of the lashes. There may be irritation or the sensation of a foreign body in your eye, with redness, burning and itching of the eyelid margin. On awakening in the morning, your eyelids may feel sticky with crusted scales and debris caused by an oily discharge from the eyelid glands. Untreated, these glands may become plugged and infected, potentially leading to recurrent styes, dry eye syndrome and a loss of lashes.



Blepharitis

Normal

How is it Cured?

Unfortunately, blepharitis is usually a chronic condition for which there is no known cure. However, early diagnosis and proper treatment is key to controlling the symptoms and to prevent worsening of the condition.

What is the Treatment?

Treatment requires a program of daily eyelid hygiene which usually includes:

- Warm compresses applied directly to the eyelid margins to help loosen the debris on the lashes.
- Thorough eyelid cleansing with LID-CARE[®] Towelettes or LID-CARE[®] to help remove debris, crust and toxic products from the lid margin.
- Application of an antibiotic ointment to control the bacterial component of blepharitis.
- Application of ocular lubricants may also be used to relieve any symptoms associated with dry eye syndrome.
- It's important to know that in some cases, it may take up to eight weeks to notice an improvement. Ongoing lid hygiene is often necessary to keep the condition under control.