

Meibomian Gland Dysfunction

Meibomian gland dysfunction can be a chronic or long-term condition of the eyelids and eyelashes. It can affect people of all ages. Among the most common causes of meibomian gland dysfunction are:

- Hormones
- Age
- Medications
- Allergies

Meibomian glands produce oils, which are a critical component of your tear function, comfort and vision. Signs of meibomian gland dysfunction often exhibit in dry eye symptoms; scratchiness, burning, stinging, achiness, fluctuating vision.

Meibomian gland dysfunction is usually not serious and can often be treated easily, but if left untreated, can be very uncomfortable and lead to more serious problems.

Directions for a Warm Soak of the Eyelids:

1. Wash your hands thoroughly.
2. Moisten a clean washcloth with hot water (not scalding).
3. Close eyes and place the washcloth on eyelids for about 5 minutes. Reheat as needed.
4. Repeat at least twice daily.

Directions for an Eyelid Scrub:

1. Wash your hands thoroughly.
2. Moisten a clean washcloth with hot water (not scalding hot!). No soap!
3. Wrap the washcloth around your middle and index finger and with your eyes closed, gently rub the washcloth back and forth across the eyelashes and the edge of the eyelid for approximately one minute on each eye.

Lubrication:

The doctor will often recommend a drop that is thicker to help supplement the tear component that is missing. *When you instill the drops, it is important to know that your vision will be temporarily blurred and you should wait until your vision is cleared before you drive or engage in other activities.*

Meibomian gland dysfunction is a chronic condition and does not clear overnight! It often takes several weeks of treatment to notice improvement. It is also important to make this routine a daily part of your hygiene throughout your life.