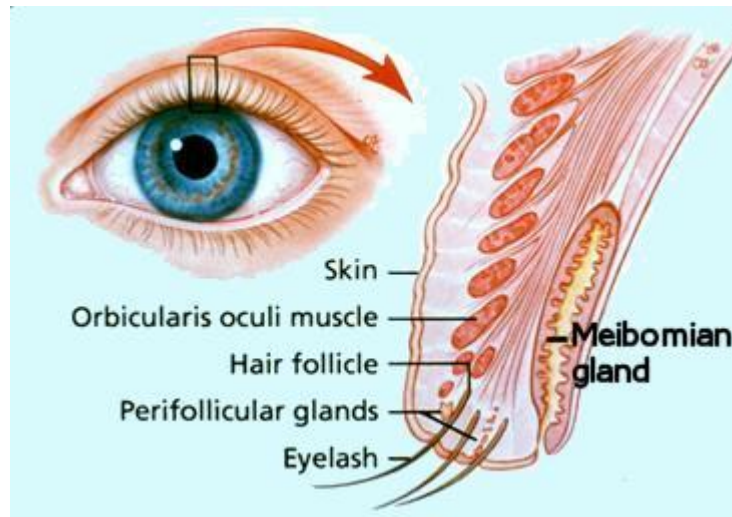


Meibomian Gland Dysfunction

Meibomian glands are the oil-producing glands located in both the upper and lower eyelids, just posterior to the eyelashes. There are 25-30 of these glands along both the top and bottom eyelid margins. Their job is to slowly release oil into the tear film. This oil helps to stop the water in the tears from evaporating, thus helping to prevent dry eyes.



Meibomian Gland Dysfunction:

Sometimes the oil becomes thicker than normal, which can lead to blockage of the narrow duct which takes the oil from the gland to the tear film. This is known as Meibomian Gland Dysfunction (MGD), which can cause the following problems:

- Swelling of the Meibomian Glands, leading to inflammation of the eyelid margins
- Increased evaporation of tears, causing dry eye problems
- Bacterial infection of the MG & lids, causing inflammation & irritation, and possible styes
- Severe blockages can lead to Meibomian cysts

It is therefore important to firstly unclog the glands which are blocked, and secondly prevent them from blocking up again.

Treatment of MGD:

1. **HEAT:** Warm the area around your eyelids with a heated wheat bag, gel pack, or hot flannel. Hold the heat source up to your eyes for ~1 minute. This is to soften and melt the solidified oils within the glands.
2. **MASSAGE:** Using your (clean!) fore-finger, firmly push your eyelid margin against your eyeball. For the lower lids push upwards, and for the upper lids push downwards, so the oil is squeezed towards the exit ducts of the glands. Hold it there for ~10 seconds. Repeat this across your eyelids so the entire lid margin top & bottom is massaged.
3. **CLEAN:** Using Sterilid, LidCare or dilute baby shampoo (as recommended by Cassidy Eyecare), finish by cleaning the eyelids and lashes to remove any expelled oil and bacteria.

MGD tends to be a chronic condition, which means that we can manage it, but probably not cure it. Follow the treatment regimen this once, or preferably twice, per day for two weeks. As your symptoms settle, you may find a maintenance treatment once or twice a week is enough to keep things under control.

Further Treatment:

Some patients find Omega 3 supplements such as Theratears Nutrition beneficial in improving MG oil quality. Sometimes an antibiotic may also be required to clear up persistent bacterial infections. Please consult us if your symptoms are not improving.