



Demodex mites are a species of a tiny mite which attach to the follicle around eyelashes. Symptoms include itchy, dry, irritated eyes, foreign body sensation, drying of lashes, loss of lashes and blurry vision. They are the most common cause of blepharitis, and can significantly contribute to dry eye.

### **In-office Treatment**

- In office treatment consists of the use of an instrument called BlephEx™ along with a 10 minute application of 50% strength tea tree oil. The instrument removes the majority of bacteria and debris that build up around the hair follicle as well as along the lash line and contribute to meibomian gland dysfunction, while the tea tree oil kills both adult mites and their eggs.

### **At-Home Instructions for Treatment and Prep.**

- Cliradex pre-moistened eye lid scrubs are recommended for use twice daily for one month, or as directed by the doctor. This towelette should be rubbed across the upper eye lid, with the lid closed tightly, along the eyebrow area, and on the cheek just below the eye. A lid check will be scheduled at the end of the treatment period to ensure effectiveness. This process may need to be repeated additional months depending each, individual, patient's situation.

### **In preparation of either treatment, the following steps should be taken:**

- Discard old facial makeup, mascara, brushes, eyeliner, and eyebrow pencil.
- Do not use eye makeup for at least 1 week after starting treatment.
- **On day of first treatment:** Discard pillows if possible and purchase new. Wash sheets and pillow cases in hot water, dry on "high heat" setting. Wash all bedding weekly hereafter. \* *The purpose of this is to sleep on sterile bedding after the first treatment so as not to re-expose eyes to unwashed or old bedding that was exposed to the demodex previously.*