**INSTRUCTIONS FOR DEMODEX TREATMENT**

You have been diagnosed with a chronic eyelid inflammatory condition which causes dry eye symptoms including irritation, itch, grittiness, redness and swelling of the eyelid margins. This is thought to be caused by infestation with a type of mite known as Demodex. While the infestation is harmless, it can cause your eyes to feel uncomfortable and many people are diagnosed with dry eye disease and prescribed eye drops and other eye lubricants. Unfortunately, whilst these treatments provide temporary relief, symptoms often return within a few hours.

To fully eradicate the mite please, follow these instructions:

**General:**

Wash bed sheets and pillow cases in hot water and dry with the “high” dryer setting. Discard and replace pillows.

Do not use makeup for at least 1 week and discard all old makeup.

Use tea tree soap on your face and tea tree hair shampoo at least once a week. These may be found online or at some chemists or pharmacies.

Make an appointment for your spouse/partner to have an evaluation, as they are frequently also infested.

**Eyelid and eyelash scrubs:**

Purchase a supply of Lid Scrub pads containing Tea Tree Oil. These may be found online. If you are unable to find these, you can make up your own solution by purchasing pure Tea Tree Oil and diluting with Macadamia Oil. Use half volume Tea Tree Oil in one volume of Macadamia Oil.

1. In the evening:
2. Thoroughly scrub the eye lash margins, then work the eyelids and eyebrows. Do not rinse.
3. Allow the solution to dry, then apply a light film of antibiotic/steroid combination ointment over the lashes.
4. The steroid/antibiotic ointment should be discontinued in a week and substituted with a Polyvisc ointment.

**B.** In the morning:

1. Eyelids and eyelashes should be scrubbed again.
2. Rinse well.
3. Apply a lubricant eye drop.

This regimen should be continued for 4 weeks total.

As a maintenance regimen, continue lid scrubs at least twice a week indefinitely.

A follow up appointment will be arranged in 3 months with Dr Lee.