



## Eyelid Dermatitis

Eyelid dermatitis is a red irritated rash that develops on the eyelids. It may involve both lids and only the upper lid. A wide number of skin conditions may produce a similar appearing eruption. The most frequent causes are allergic contact dermatitis, irritant dermatitis, mechanical abrasion, seborrhea, psoriasis, sunlight sensitivity, and rarely internal disease. We will be working with you to help determine your individual cause and the appropriate therapy. The purpose of this handout is to recommend some general eye care to help improve your condition.

The application of a cool compress before the use of your prescription medication may feel soothing. The cool compressing is done by holding a soft cloth dampened with cool tap water against the skin of the eyes for approximately five minutes before the medication is applied.

We recommend that all eye make-up be avoided during your acute outbreak. When your rash has cleared, you may begin to resume your eye cosmetics. If you have had a problem with eyelid dermatitis, we recommend that you indefinitely avoid dark colors, metallic, or frosted eye shadow. These products cause the most irritation. Before resuming your mascara or eyeliner, apply a small amount of the product to your inner forearm. Leave this in place for 24 hours before removing it. If a rash develops on your arm, please contact our office and do not use the products near your eye. Occasionally when treating eyelid dermatitis, a yellow crusty scale may develop at the eyelid rim. This may be removed by mixing a small amount of baby shampoo with water and applying it with a cotton tip applicator to the eyelashes to remove the scale.

Automatic eye cosmetic applicators may accumulate germs. We recommend replacing these products every three months. Although the "cake" type of product is the hardest to use, it is the least likely to cause an allergy.