

EYELID DERMATITIS

What is eyelid dermatitis and how does one get it?

The skin of the eyelids is more sensitive than most other areas on the body. Substances used on or in contact with the hands, face, or scalp can be transferred to the eyelids and cause irritation or allergic reactions. Often a reaction can be apparent only on the eyelids and not on other areas of the skin. An eyelid rash may appear as redness, swelling, peeling or flaking. There may also be itching, soreness, stinging, or burning of the skin. The eye itself is unaffected in cases of eyelid dermatitis.

Treatment:

1. Discontinue use of all soaps, makeup products, hair sprays or gels as well as any other treatments used on the eyelid area for a minimum of three weeks.
2. Minimize touching of eyelids with fingers. Avoid wearing nail polish unless it DOES NOT contain toluene and formaldehyde.
3. Perform the following regimen twice a day:
 - Wash affected area gently with **Cetaphil cleanser** and lukewarm water.
 - Compress eyelids with cool, damp wash cloth for ten minutes, then blot dry.
 - Sparingly apply your prescribed medication to the affected areas 2 times a day for 5-7 days or until rash is resolved, then once a day for several days and then every other day for several days and then stop the medication. Cortisone creams or ointments (such as hydrocortisone or alclometasone) should not be used around the eyes for longer than 2 weeks without permission from your doctor.
 - Substitute a moisturizer such as **aquaphor** or **vaseline petroleum jelly** instead of the cortisone as you decrease frequency of application of the cortisone.
 - After three weeks if you are doing well, you may reintroduce one facial or hair care product at a time for several days to see if is irritating to you.
 - If the rash persists after two weeks, please call the office for follow-up evaluation.