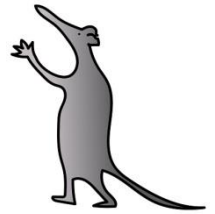


Department of Paediatric Ophthalmology

Understanding Meibomian Gland Dysfunction (MGD)

Information for Parent/Carer/Patient

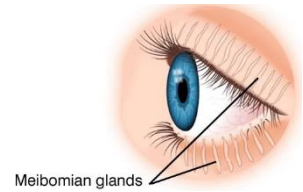


Introduction

You/ Your child has been diagnosed with an eye condition affecting their eyelids. This leaflet has been produced to supplement what has been discussed in clinic.

What is Meibomian Gland Dysfunction?

Meibomian Gland Dysfunction (MGD) is a common eye condition affecting the glands in the eyelids. These glands produce oils that help keep your eyes moist by keeping the tears on the eyes for longer. When they don't work well, it can lead to dryness, irritation, and sometimes blurred vision.

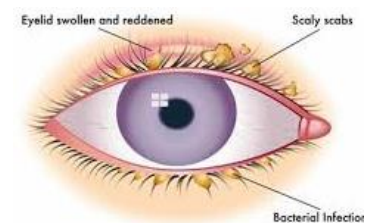
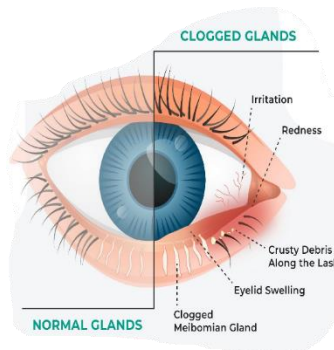


Why does MGD happen?

The meibomian glands can get blocked or inflamed. This might happen if your child has allergies, wears contact lenses, or simply because of how their body's oil glands work. MGD is not usually serious, but it can cause discomfort. However, in some cases, they can cause irritation to the front part of the eye (cornea) which can result in reduced eyesight and pain.

What are the Symptoms?

- Often there are no symptoms
- Redness in the eyes
- Burning, itching of eyelid, or a gritty feeling
- Crusts along the eyelashes
- Lumps along the eyelid (styes)
- Blurred or fluctuating vision
- Sensitivity to light
- Eyes that feel sore, tired, or watery



How is MGD Diagnosed?

A doctor will look at your child's eyes and eyelids to check for signs of MGD. Sometimes, they will press on the eyelid to see if oil is being released properly from the glands.

How is MGD Treated?

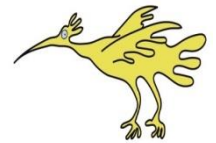
- 1. Warm Compresses:** Using a warm compress on your child's eyelids for 20 seconds, one to two times a day, can help melt any oils that have blocked the glands. This helps the oil flow more smoothly and eases irritation. Heated masks are available over the counter; **please follow their instructions**. Alternatively soak a pad in hot water and place over the closed eyes for 20 seconds (as hot as your child can tolerate). This needs to be repeat 2 to 3 times achieve melting of the oils.
- 2. Eyelid Massage:** After the warm compress, gently massaging the eyelids can help open the glands. With a cotton pad (either the one soaked in hot water or a clean pad) massage

the closed eyes in a circular manner for 20 seconds. Your doctor or nurse can show you how to do this safely.

- 3. Eyelid Cleaning:** If there is crusting on the eyelashes then using a cotton pad with warm water or a recommended eyelid cleanser, gently clean the eyelids to remove any crust or oils. Alternatively, ready-made eyelid cleaning wipes may be used, which can be obtained from any chemist. Use a side to side motion to remove the debris from the eyelid edges and eyelashes, starting at the tear duct and working out to the temple. Do this twice a day.
- 4. Lubricating Eye Drops:** Special eye drops, known as lubricants, can help keep your child's eyes comfortable by replacing some of the oils that are stuck in the eyelid. These are available over the counter or may be recommended by your doctor. It is important to note that these eyedrops may help with the symptoms but do not routinely solve the eyelid inflammation.
- 5. In Severe Cases:** If the symptoms don't improve, your child's doctor may recommend medication. This might include antibiotics (either as eyedrops or by mouth) or anti-inflammatory eye drops. Often these are required with the cornea is involved or the child is struggling with hot water massage.

What to Expect with Treatment?

With regular treatment, many children see an improvement in symptoms within a few weeks. However it can take several months for the eyelids to settle completely. **It is therefore important to persevere with the routine, even if symptoms start to get better, to help prevent recurrences.**



Tips for Prevention and Comfort

- **Avoid eye rubbing** as this can make irritation worse.
- **Reduce screen time** if possible, as staring at screens can reduce blinking and make eyes dry.
- **Encourage frequent blinking** to keep the eyes moist.
- **Use a humidifier** in dry rooms, which can help keep eyes from drying out.
- **Avoid eye make-up to the eyelid margins**, especially if there is a flare up

When to See a Doctor

Make an appointment if your child's symptoms are getting worse or if they're experiencing severe pain, significant redness, or blurred vision that doesn't go away.

Frequently Asked Questions

- 1. How long does MGD last?** This is a persistent condition but symptoms can come and go. It is important to control and manage MGD with eyelid hygiene as described above
- 2. Is MGD contagious?** No, MGD is not contagious. It is usually due to blockages in the glands and isn't something that can spread from one person to another.
- 3. Can MGD cause permanent damage to my child's eyes?** MGD doesn't usually cause permanent damage but keeping it managed is important to avoid any ongoing discomfort. However it can affect the cornea (known as *blepharokeratoconjunctivitis*) which can cause permanent reduced vision
- 4. Can my child still play sports?** Yes! Playing sports is fine, but if they play in dusty environments, consider protective eyewear and encourage frequent eye washing.

5. **Are there foods that can help with MGD?** Eating foods high in omega-3, like oily fish (mackerel, salmon, herring, fresh or frozen tuna) and leafy green vegetables, may help keep the glands healthy. Flaxseed oil capsules can also be taken as an alternative source of omega-3. Consult with your child's doctor for dietary advice.

Further Information

The following websites have useful information:

<https://www.nhs.uk/conditions/blepharitis/>

<https://www.laboratoires-thea.com/en/treat-blepharitis>

<https://www.laboratoires-thea.com/en/your-eye-health/eyelid-care/blepharitis>

Useful Phone Numbers

Eye Clinic: 0151252 5215 (8.30 am – 5.00 pm Monday to Friday). After that time you will need to contact Alder Hey Hospital on **0151 228 4811** and ask for the on-call ophthalmologist

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Please have a look at our virtual map <https://bit.ly/3TKgoXi> prior to your visit. Here you will find

- 360° walk-through of over 188,000 square feet of Alder Hey captured in 4K.
- 156 interactive 'hotspots'.
- 74 videos explaining what happens when you have a procedure or arrive for an appointment.
- Virtual signage to help you find your way around.

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