



EYELID RASHES

DEFINITION

Although there are many causes of eyelid rashes including, eczema, seborrheic dermatitis, rosacea, sun sensitivity, and nervous scratching, most eyelid dermatitis is caused by an allergy to something that is coming in contact with this sensitive area of skin. You can suddenly become allergic to something you have used for years with no problem or you can become allergic to something new.

If your rash is caused by an allergy, it will not clear up unless the thing that you are allergic to is **completely eliminated for 2 weeks or longer**. Because we are not certain which of many possible substances is causing your present rash, we ask that you avoid all of the items listed below for at least two weeks:

- **Eye makeup**, mascara, liner, shadow, moisturizers, makeup removers, eyelash curlers, artificial lashes
- **Aerosol sprays** at home and at work, used by you or anyone in the same room (includes bug spray, room deodorizer, feminine hygiene spray, depilatory spray, breath spray, oven cleaner, furniture polish, etc.)
- **Nail polish**, polish remover, nail glue, cuticle remover, or other fingernail treatments
- Chemicals that get on your **hands**, which you may then touch to your eyelids (including paints, glue, cleaning solutions, oils, etc.)
- Medicines or **drops** being put into your eyes or on your eyelids (however, do not stop any medication prescribed by another doctor without checking with us and/or the other doctor)
- All **hair treatments** including dyes, tints, perms, conditioners, and hair sprays
- All **facial cosmetics** (makeup, liquids, powders, creams, blush, lipstick, etc.)
- All **perfumes** or colognes used by you or your spouse on any part of the body
- All **detergents** and fabric softeners used on pillowcases and towels (wash pillowcases and towels in Tide Free, All Free, or any other fragrance or dye-free detergent, and rinse well)
- If you can think of anything else that could ever get on your eyelids, then stop that too!

TREATMENT

Everything listed above must be completely avoided for at least 2 weeks. After that time, if the rash on your eyelids has cleared up (and remained clear without the use of medicine), then you may start to use the discontinued items once again. You may restart these in any order, but you should only go back to **one discontinued product every three days**. This way, you will be testing each product to see whether it causes the rash to return.

If the rash returns when you restart a certain item, you are allergic to that item and should not use it again. Please call the office and let us know what you found that you are allergic to so that we may keep this information in your records.

If you were allergic to a cosmetic, then you may be able to change to a hypoallergenic makeup made by one of the following companies: Almay, Allercrème, Ar-Ex, Clinique, or Marcelle. However, some people are allergic even to these hypoallergenic products.

If we prescribe a cortisone-type medication to be applied to your eyelids, you should use a very thin coat on the rash twice daily, for only a few days. This medication should **never be used long-term** (beyond a couple weeks) without consulting with an ophthalmologist. It should not be allowed to get in your eyes and should never be used if any type of infection is present in or near the eyes. Prolonged use can cause serious side effects on your skin and eyes including cataracts and worsening of glaucoma.

If your rash is not improving after you have completely eliminated all of the items suggested for at least two weeks, then please call for a return appointment. We may suggest allergy patch testing if you fail to clear on your own.

