



**PREMIER EYECARE ASSOCIATES**

*Committed to your Family's Vision Health*

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### **Healthy Eye Lids and Lashes**

The eyelids and eyelashes play a very important role in the health and comfort of the eyes. While serving as a protective barrier against foreign bodies such as dust, pollen, or other allergens, the eyelids and eyelash follicles also contain glands that produce oily secretions to lubricate and further protect the eye's surface from drying. The lids also serve an important purpose in smoothing the tear film to give the eye clear vision with each blink. Think of the eyelids as the windshield wipers of the eyes. If the wipers aren't functioning properly vision can be blurred. Proper hygiene is essential to healthy functioning eyelids and lashes. During face washing, proper attention should be paid to these areas surrounding the eyes so that possible infection and inflammation can be avoided. Many times dry eye symptoms and allergic, itchy eyes are found to be caused by inflammation or infection of the eyelids. These problems are often resolved quite easily with ointments or lid scrubs prescribed by the eye doctor.