Coping Strategies for Blepharospasm

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The following is useful information which has been supplied by some of our members:

General help

A member tried different eye drops and found Lacri-lube made by Allergan (on prescription) to help relieve some of the symptoms. Especially when the botulinum toxin is wearing off.

Hot gritty eyes? ................. Keep them cool

Artificial tears (try different brands, you may be allergic to the preservative) e.g. tears Naturelle, Viscotears, or products that are preservative-free.

Droopy eyelids?

Prop them up with narrow porous tape (try Boots own make). Attach one end to the outer eyelid and stretch gently to a comfortable position near the eyebrow. Experiment to find what works best for you.

Ptosis loops require some getting used to, but these keep me driving. They are springy wire loops, which fit inside spectacles and hold the eyelids open. Just like holding them with your fingers. (see Lundie loops and ptosis props for contact details).

A member has suggested a remedy for eye irritation. My eyes irritate me at all times, before or after my botulinum toxin injections. I have used many types of drops and washes including a weak solution of baby shampoo. In fact everything the doctors, clinics and chemists have offered but to no avail. I also have several types of glasses, tinted and otherwise, and two sorts of props!

Lundie Loops and Ptosis Props?

Lundie loops are a type of ptosis with a loop that sits in the eye area and are available from:

Maxian Quality & Optical Services
3 Nant-y-Celyn, Crynant
Neath
SA10 8PZ
tel: 07929530859.

They make and fit the loops, which can be fitted on plastic frames. Ptosis props are supports fixed to the inside of the glasses frame, which apply gentle pressure to the upper eyelids. If you are interested in purchasing ptosis props, you or your optician can contact:

Premiere Optical
Premiere House
104 Oxford Road,
Clacton-On-Sea
Essex
CO15 3TH
tel: 01255 424100 e-mail: enquiries@premiere-optical.co.uk website: www.premiereoptical.co.uk/about.htm

For more information about Lundie loops or ptosis props please request the separate factsheet
Can’t cope with bright light? Block it out

- Baseball cap.
- Golf visor.
- Sunglasses – some people find a blue tint easier on their eye. Sunglasses which, fit over normal glasses e.g. Sureshield. Found them in America but have bought them in the UK too. These have thick sides, which also cut out wind, which seems to make blepharospasm worse.

Unsteady on your feet?

Get an extra leg! Walking sticks help stability, but I find a trekking pole gives me confidence on rough ground and can be folded up small when not required.

Blepharospasm/Blepharitis – Coping Strategies

The following information has been provided by members of the Dystonia Society’s Blepharospasm support group.

Lubrication

*Minims Artificial Tears* – small phials containing one day’s supply. No preservatives. Can be purchased over the counter in chemists, approx £10 for 20. Can also be prescribed by GP free of charge if senior citizen!

*Clarymist* – spray relief for dry eyes. Small bottle, spray on closed eyes. Very easy to apply when no mirror is available. May be difficult to find in chemists. Can be purchased £11.99 per 10ml (Sept 2009) – approx 100 metered doses. online at: [www.quickvit.co.uk](http://www.quickvit.co.uk)

Hygiene

Wash along eyelashes daily with solution of (sterile) sodium bicarbonate, using ear buds to apply. Wash eyelashes regularly with *Johnsons No Tear* baby shampoo.

Protection from light

- Sunglasses, prescription if applicable.
- Overglasses – can be purchased from most opticians. Cost £10 - £20 depending on how stylish. These can be purchased with plain plastic lens, as well as tinted. These give protection against wind and don’t limit visibility in the winter months.
- Hats with brim or peak.
- Visors.

‘TRICKS’ – that can help keep eyes open

- Sing when walking.
- Read aloud – tricky while sitting on the train!
- Knitting.
- Dancing.
- Press fingers against the side of the face – need to find the spot that suits you.
- Quells – or any alternative travel sickness medication can give temporary relief.
- Tesco’s Health Juice (in a green tin) can give temporary relief.
- Benadryl – anti-histamine can give temporary relief.
- Cooking and Gardening - looking down is always a help.

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**Important Note**

The contents of these Information Sheets are provided only as information and are in no way intended to replace the advice of a qualified medical practitioner or professional government advisor. The Society strongly advises anyone viewing this material to seek qualified advice on all matters relating to their treatment and / or circumstances. Furthermore, rapid advances in medicine and changes to government legislation may cause information contained in the Information Sheets to become outdated.