

San Anselmo Optometry

Suspected Demodex - Patient Instructions

1. Purchase a supply of 'Cliradex' pads or 'Ocusoft Oust' bottle (which requires you get makeup pads at local store)- Use either one at least once daily AT NIGHT. You can find both products online at places like Amazon - It generally is not carried in local retail stores though they might order it for you.



24 Individual Pads

OR



Bottle

Use 1 (one) pad at **night** (demodex is active at night), thoroughly rubbing along your eyelashes. You only need 1 pad for BOTH eyes and can flip it over for the other eye.

Watch this Cliradex short video: https://youtu.be/38Q9fQpg_eM

NOTE - Keep your eyes closed for about 1 minute or until the vapor of the medication diminishes.

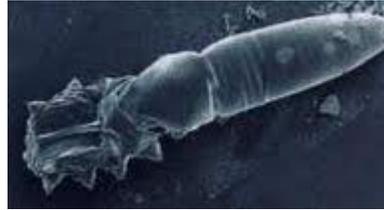
2. Repeat this procedure every night for 4 weeks and then return to our office for an evaluation. The life cycle of demodex is 2-3 weeks so this will be enough time to access how to proceed further.

Other Things That Can Help

1. Wash your sheets and pillow cases in hot water and dry with the "high" dryer setting. Replace your pillows.
2. Discontinue any eye makeup for at least 1 week and discard all old makeup even if it is not used around the eye.
3. Purchase Paul Mitchell Tea Shampoo and Conditioner or another Tea Tree Shampoo/Conditioner. Consider using a soap that includes tea tree oil on your face.

NOTE - You do NOT have to read the next page - it shows the critters.

SIGNS AND SYMPTOMS OF DEMODEX MITE



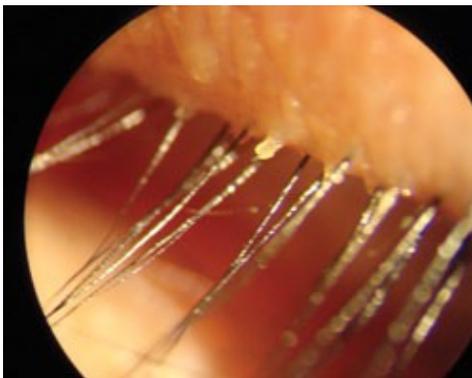
This is the gross little hitchhiker !

One thing to remember right away is that most everyone has these mites. Just sometimes there gets to be too many and then they irritate your eyelashes. Our goal is not to get totally rid of them - that's practically impossible - but reduce them down so they aren't annoying.

The main symptoms are ocular dryness, severe itching, burning, foreign body sensation, crusting, and redness of the lid margin and blurry vision. The most common eye symptoms are itchiness and a gritty sensation. Other reported signs and symptoms are lash loss, heavy lids, and misdirected lashes.

Demodex is an ectoparasite (lives under the skin) with a prevalence of 100% in patients aged 70 years and older. *Demodex* is regarded as the most common ectoparasite in humans. *Demodex folliculorum* resides in the lash follicles and relies on sebum as its main source of food.

The adult *demodex* mite is about 0.2 mm to 0.4mm long and lives inside the lash's sebaceous glands and also in the meibomian glands in the eyelids



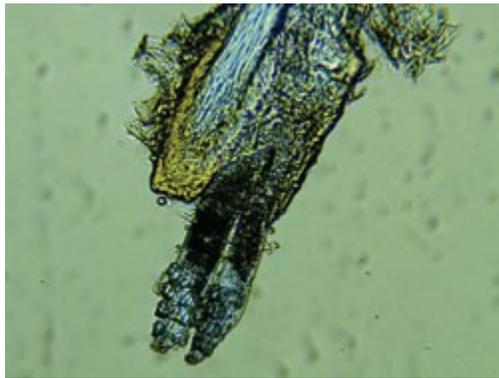
Upper lid eyelashes coated with residue from mites

Well, this sounds all pretty yucky I bet huh? Well, not to worry as we have lots of things inside us that aren't harmful. For instance, we actually have more bacteria cells living on and inside us than the total number of cells in our entire body!

So this mite is just another one of those things. It does not ever actually go into your eye so that is not a concern. However, we do want get these guys under control as they can keep the eyelid inflamed, cause dryness and stress our immune system.

Numbers vary from study to study, but studies agree that the prevalence of *Demodex* trend increases with age. The prevalence is only about 13 to 20% in patients younger than 20 years and approaches 95 to 100% by age 71 years. Not only does prevalence increase with age, but average numbers of *Demodex* per patient also increase.

LIFECYCLE OF DEMODEX



Top left is hair follicle and 2 protrusions below are mites. The typical *Demodex* life cycle is usually 2 to 3 weeks. A female *Demodex* mite lays 15 to 20 eggs inside the hair follicle near the sebaceous glands. The eggs develop into larvae, which eventually become an adult eight-legged mite.

The adult male *Demodex* mite will leave the follicle in search of a mate, while the adult female mite remains in the follicle. The mites are capable of walking approximately 10 mm/h and tend to be more active in the dark.

If you made it this far reading, then you have the motivation to work hard for 3 or 4 weeks and the issue will improve. Call or email us if you have any questions.