

Put a stop to eyelid inflammation.



POSIFORLID®

The concept for healthy eyelids.

CONTENTS

Blepharitis	3
Symptoms	3
Development	5
Causes	6
Diagnosis	7
Treatment	8
POSIFORLID® product overview	12
POSIFORLID COMOD ® eye drops	14
Posiformin® 2 %, eye ointment	16
POSIFORLID® eye mask	18
POSIFORLID® eyelid hygiene wipes	20
POSIFORLID® eye spray	22



BLEPHARITIS: INFLAMMATION OF THE EYELID MARGIN

Recognise symptoms, treat causes

WHAT IS AN INFLAMMATION OF THE EYELID MARGIN?

An inflammation of the eyelid margin (or “blepharitis”, to use the medical term) is used to describe inflammatory diseases of the eyelid margins. It is a common medical condition and appears in various forms. Unlike acute blepharitis, which can occur together with a sty (‘‘hordeolum”, to use the medical term), chronic blepharitis begins slowly and gradually.



Fig. 1: Swollen, reddened eyelid with sty

SYMPTOMS

Typical symptoms develop over time with chronic blepharitis:

- swollen, reddened, sticky and itching eyelid margins,
- flaky and sticky eyelashes,
- painful eyes,
- blurred vision and
- sensitivity to light

The eyes water, feel dry and tired, the conjunctiva is reddened.

SYMPTOMS

The medical history usually extends over weeks or months, and treatment with antibiotics or cortisone often does not lead to the desired result of permanent relief of symptoms. Daily eyelid margin hygiene and care are considered the most important treatment measures.



Fig. 2: Upper eyelid with sticky eyelashes
(source: Dr. Thomas Kaercher)

ACUTE CASE OF A STYE:

A sty is an acute inflammation of the eyelid glands triggered by bacteria. Staphylococcus bacteria are normally responsible for the sty: They cause an accumulation of pus – called an abscess.



Fig. 3: Sty

INFLAMMATION OF THE EYELID MARGIN

The development

DEVELOPMENT

The sebaceous or oil glands in the eyelids, which have openings along the lid margins and are also known as meibomian glands, are an important part of the protective apparatus of the eyes:

They produce an oily film which lies on the surface of the tear film and protects the eye. The underlying aqueous component of the tear film is protected from evaporation by the intact lipid layer.



Fig. 4: The eyelids as protective apparatus of the eyes

Where the production of the oily film of the meibomian glands is disrupted, the composition of the tear film deteriorates, causing irritation to the surface of the eye surface and the eyelids. These areas receive more blood, making the conjunctiva red. As the disease progresses, residual fat is deposited, which forms a pus-like, whitish-yellow mucus. This process is called meibomian gland dysfunction (MGD), which can be associated with blepharitis.

If the oil glands are blocked due to the dysfunction, the secretions congest, and a chalazion may form. For instance, a sty (hordeolum) may occur as part of a bacterial infection.

INFLAMMATION OF THE EYELID MARGIN

The causes

FACTORS

Some people tend to be born with greasy skin and pores that clog. This innate skin characteristic can be exacerbated by internal and external factors and develop into meibomian gland dysfunction (MGD).

Internal and external factors include:

- The ageing processes
- Hormones
- Skin diseases
- Use of cosmetics and personal care products
- Medication
- Environmental factors (e.g., dust, dryness or wind)
- Smoking
- Central heating air and air conditioning
- Nutrition
- General health issues (e.g., rheumatism, thyroid disease, and diabetes)
- Eye diseases



Fig. 5: Eyelid with clogged meibomian glands and dried secretion

(Source: Nicholls KK, et al. IOVS 2011;52:1917-2085.)

DIAGNOSIS

Diagnosis is generally made by an ophthalmologist. In addition, an appointment with the GP and / or dermatologist may be useful to clarify internal causes.

The meibomian gland dysfunction is normally a long-lasting illness.

However, it can be well controlled by means of appropriate treatment, so that considerable relief of symptoms can be achieved, or even freedom from symptoms.



THE RIGHT TREATMENT

for blepharitis

Besides patience and continuity, the successful treatment of blepharitis is based on three pillars:

1. Treatment for irritation

- In case of acute irritation, a visit to the ophthalmologist is recommended since antibacterial or anti-inflammatory therapy may be necessary at the start of treatment. An ophthalmologist should also regularly monitor chronic blepharitis.
- Concomitant treatment with an antiseptic eye ointment containing the active substance bibrocathol (Posiformin® 2%, eye ointment) in combination with eye drops containing salicylic acid (POSIFORLID COMOD® eye drops) has also proven effective.

2. Daily eyelid margin hygiene

The daily eyelid margin hygiene consists of two components: heat treatment, for which the POSIFORLID® eye mask is suitable, and eyelid margin cleansing and care, which can be performed with the POSIFORLID® eyelid hygiene wipes and the POSIFORLID® eye spray.

See the section on „*Daily eyelid margin hygiene*“ (pp. 10 – 11) for further information.

3. Regular lubrication of the eyes

It is fundamentally advisable using eye drops that do not contain any preservatives, phosphates or emulsifiers, and avoiding eye cosmetics and contact lenses for the time being.



AS IMPORTANT AS BRUSHING YOUR TEETH.

In order to treat blepharitis effectively, daily care of the eyelids must become a permanent part of life, comparable to regular tooth brushing.

Most patients will see an improvement after a few weeks by following this regular regime. The original symptoms may reappear if the eyelid margin hygiene is neglected or stopped entirely.

■ DAILY EYELID MARGIN HYGIENE

Important components of daily eyelid margin hygiene include:

1. Heat treatment

Warming the clogged secretion in the affected meibomian glands will liquefy it. This makes it easier to cleanse the pores after warming.

It is important to reach a constant temperature of around 45 °C for 5 – 7 minutes. The temperature should not be any higher given the risk of burns.

Conventional methods (e. g., warm flannels or compresses) cannot guarantee this and so it is recommended to use special heated eye masks, such as the POSIFORLID® eye mask. These provide the necessary temperature over the required period.

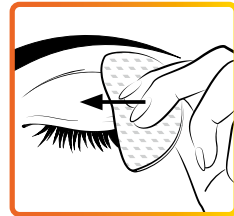
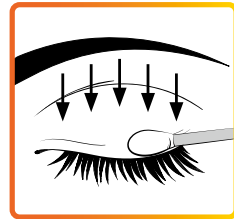


2. Eyelid massage and eyelid cleansing

After warming the eyelids, the liquid secretion can be carefully massaged out, preferably using a moist cotton bud.

The massage makes it easier to wipe away the secretion.

- **Massage** the upper eyelid 5 to 10 times from top to bottom, across the entire width of the eyelid each time.
- Then massage the lower eyelid 5 to 10 times from bottom to top, also across the entire width of the eyelid.
- Finally cleanse the eyelid margins with a moist cotton pad or a POSIFORLID® eyelid hygiene wipe.
- Always wipe the cotton pad/eyelid cleansing wipe from the outside to the inside corner to cleanse your eyelid margins.



Warm, pre-boiled tap water or special care solutions such as the POSIFORLID® eye spray, which also care for and calm the eyelids, are ideal for moistening cotton buds or pads.

For the final cleansing (bullet 3) you can either use moist cotton pads or the POSIFORLID® eyelid hygiene wipes. The POSIFORLID® eyelid hygiene wipes have the advantage of providing gentle cleansing of the eyelid margins. At the same time, they gently remove stubborn deposits and care for the sensitive area around the eyes.

Cotton buds/pads or eyelid cleansing wipes should only be used once for each eye.



POSIFORLID®

The concept for healthy eyelids.



POSIFORLID®

offers a complete and coordinated range for therapy, heat treatment, eyelid hygiene and care for eyelid inflammation.



The quick help with acute blepharitis



The combination for day and night



Protection and disinfection for blepharitis

Therapy

POSIFORLID COMOD® eye drops for the day and Posiformin® 2 %, eye ointment for the night help relieve blepharitis and conjunctivitis around the clock.



Visit www.posiforlid.de/en or simply scan the QR code for videos on how to best use these products.



Simple and effective heat treatment

Heat treatment



Daily eyelid margin hygiene and care

Daily eyelid cleansing

Eyelid hygiene

The POSIFORLID® eyelid hygiene wipes can be used for cleansing immediately after the heat treatment with the POSIFORLID® eye mask. The POSIFORLID® eye spray rounds off the eyelid margin hygiene by caring for the eyelids.



POSIFORLID COMOD® eye drops

Quick help in case of acute blepharitis,
provides anti-inflammatory, soothing relief
for irritated eyes.

POSIFORLID **COMOD**® eye drops contain the active ingredient salicylic acid, which occurs naturally in willow bark. Salicylic acid has been used successfully in medicine for decades, especially for the treatment of inflammatory processes.

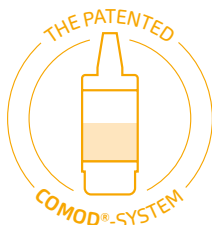
POSIFORLID **COMOD**® eye drops effectively provides this active ingredient for use on the eye.



POSIFORLID **COMOD**® eye drops

- soothe inflammation and irritation,
- reduce redness and swelling of the eyelid margin,
- are extremely well tolerated with no preservatives or phosphates,
- can be used for up to 12 weeks after opening.

No age restrictions – suitable for infants and older!



The use of POSIFORLID **COMOD**® eye drops during the day and the Posiformin® 2 %, eye ointment at night ensures effective treatment of blepharitis around the clock.



Please note: This overview is for information purposes only. A local compliance with the approved indications/ intended uses and with further information on the respective medicinal product/ medical device cannot be guaranteed. Furthermore, it cannot be ensured, that this information satisfies the local legal requirements regarding the advertising of medicines.



Posiformin® 2 %, eye ointment

Protection and disinfection for irritated eyes with blepharitis.

The build-up of secretion in the eyelid margin glands creates the ideal environment for bacteria to grow. To prevent bacteria from being transferred from the eyelid margin to other areas of the eye, effective eye hygiene and reliable infection protection of the mucous membrane are important.

Posiformin® 2 %, eye ointment is a preservative-free eye ointment that contains the active ingredient bibrocathol, with antiseptic and anti-secretory activity, and is therefore highly suited for use in inflammation of the eyelids.



The active ingredient bibrocathol contained in Posiformin® 2 %, eye ointment

- disinfects the irritated eyelid margin and adjacent conjunctiva,
- has an astringent (contracting) and anti-secretory effect,
- creates the conditions for rapid relief of symptoms.

Posiformin® 2 %, eye ointment therefore offers reliable protection for irritation of the external eye.

Posiformin® 2 %, eye ointment acts directly at the site of the inflammation. The active ingredient bibrocathol is not absorbed into the bloodstream, making side effects very rare.



Please note: This overview is for information purposes only. A local compliance with the approved indications/ intended uses and with further information on the respective medicinal product/ medical device cannot be guaranteed. Furthermore, it cannot be ensured, that this information satisfies the local legal requirements regarding the advertising of medicines.



POSIFORLID® eye mask

Simple and effective heat treatment for
blepharitis and meibomian gland dysfunction.

One of the main problems with blepharitis is the hardening of the secretion from meibomian glands. The heat treatment liquefies the secretion and promotes blood circulation to the eyelid margins. It is therefore enormously important for restoring the function of the meibomian glands.

However, the heat treatment only works by creating a damp and warm environment with a constant temperature of around 45°C for 5–7 minutes.

The POSIFORLID® eye mask is a self-heating eye mask which meets these requirements in a very special way and can be reused around 90 times.



The warmth of the mask

- softens the crusts on the eyelid margins,
- improves the blood supply to the eyelids and
- softens the secretion in the meibomian glands.

In this way, the secretion can be squeezed out of the sebaceous glands by massaging the eyelids. POSIFORLID® eye mask is ideal for treating

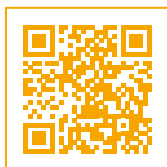
- blepharitis,
- dysfunction of the eyelid margin glands and
- styes and chalazions.

Benefits:

- constant temperature of around 45 °C for more than 5 – 7 minutes
- self-heating via a click-to-activate-system
- no risk from overheating

The heat treatment should be used twice a day. After use, the POSIFORLID® eye mask must be boiled in a pan with boiling water to liquefy the orange-coloured gel and get the eye mask ready to be used again.

Also
available as a
double pack



Visit www.posiforlid.de/en or simply scan the QR code for videos on how to best use these products.



POSIFORLID® eyelid hygiene wipes For daily eyelid cleansing and care.

Blocked eye margin glands cause typical symptoms of blepharitis such as reddened eyes, swollen eyelids and sticky eyelashes. As part of the eyelid margin hygiene completed twice a day, the symptoms are relieved by removing the secretion build-up on the sebaceous glands.

POSIFORLID® eyelid hygiene wipes are premoistened, sterile disposable wipes for the gentle cleansing and care of sensitive eyelid margins. Even stubborn deposits such as dust, pollen or crusts can be gently removed from the eyelids and between the eyelashes. As a result, the POSIFORLID® eyelid hygiene wipes are also suitable for providing additional cleansing with blepharitis.



Benefits:

- Gentle cleansing of the sensitive eyelid skin
- Gentle removal of deposits on the eyelids and between the eyelashes
- Special triad of hyaluronic acid, horsetail and Euphrasia
- Very good skin and eye tolerance
- Without the addition of preservatives and fragrances
- Suitable for permanent use, recommended 2 x daily, once in the morning and evening

The POSIFORLID® eyelid hygiene wipes are premoistened, sterile and individually packed, making them extremely convenient for daily eyelid cleansing, whether at home, on the go or when travelling.

For daily
cleansing of
the eyelid
margins

Available
in packs of
20 and 50





POSIFORLID® eye spray

For daily eyelid margin hygiene and supportive care for blepharitis and irritated eyelids.

Eyelid margin hygiene should be as much a part of your daily routine as brushing your teeth. Done carefully and regularly, cleansing and care for your eyelid margins maintains the functionality of the meibomian glands, thus preventing inflammation of the eyelids.

Besides the POSIFORLID® eyelid hygiene wipes, the POSIFORLID® eye spray also provides extra care. It makes it easier to remove deposits on the eyelids and between the eyelashes. At the same time, it cares for and calms irritated eyelids.

Even in the absence of symptoms, we recommend you continue to regularly cleanse and care for your eyelids in the morning and the evening to maintain and improve the function of the meibomian glands located on the edge of the eyelids.



Benefits:

- Gentle cleansing and calming care for irritated and sensitive eyelids
- Special triad of hyaluronic acid, Euphrasia and salicylic acid
- Very good skin and eye tolerance
- Without the addition of fragrances
- No preservative needed due to the container
- To be used daily
- High yield with around 250 pumps
- Handy to use as and when needed and on the go

Thanks to its ease of use, POSIFORLID® eye spray makes daily eyelid care a quick routine: Simply spray on closed eyes and enjoy the soothing feeling.



Visit www.posiforlid.de/en or simply scan the QR code for videos on how to best use these products.

Can be
used for
6 months
after
opening!



For daily
eyelid
care

POSIFORLID® offers a complete and coordinated range for therapy, heat treatment, eyelid hygiene and care for eyelid inflammation.

Available
in packs of
20 and 50



Medicinal product

Medical device

Cosmetic

Cosmetic

URSAPHARM
Arzneimittel GmbH
Industriestraße 35
66129 Saarbrücken
Germany



POSIFORLID®
The concept for healthy eyelids.