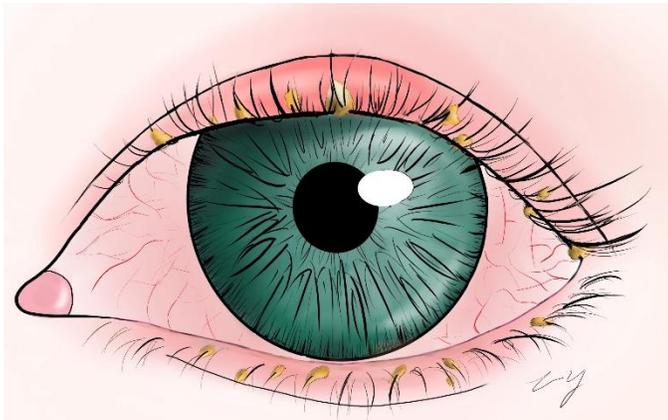


Meibomian Gland Dysfunction (MGD)

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What is MGD?



Meibomian gland dysfunction is the most common cause of dry eye. Meibomian glands work by secreting an oil called “meibum” onto the surface of the eye that prevents tears from evaporating too quickly. When the glands are obstructed, the eyelids become irritated and the tear film can evaporate too quickly, leading to dry eye. **It is a chronic disease that requires long term treatment.**

Risk factors:

- Age - people over 40 have an increased risk
- Underlying health conditions
- Certain medications
- Wearing heavy eye makeup for long periods of time

Symptoms:

- Redness
- Irritation / burning
- Tearing / itching
- Crusting, mattering, sticking, or loss of eyelashes
- Blurry or fluctuating vision, especially with prolonged reading or computer use
- Recurrent eyelid styes (called “hordeolum” or “chalazion”)

Over-the-counter treatments:

Warm compresses

Place warm compress to closed eyelids for several minutes on a regular basis to help soften up the obstructed meibum and open up the glands.

- Mibo Heating Pad® and Bruder Moist Heat Eyemask® (**Available at the UI Optical Shop**)
- Hot tap water on a clean washcloth, heat packs, homemade dry rice or bean bags heated in the microwave.
- Important: Do not place heavy pressure on your eyes and maintain compresses at a safe temperature to prevent risk of burns.

Lid scrubs

Immediately after using a warm compress, do a lid scrub. With your eyes closed, use cleaner on your fingertips, clean washcloth, or edge of a cotton swab to gently massage the eyelids where the lashes come out. Then, rinse with warm water. Some recommended cleansers include:

- Diluted baby shampoo, OCuSOFT lid scrubs®, TheraTears SteriLid®, or Cliradex wipes®
- Antimicrobial and antidandruff therapies such as cleaners with 0.01% hypochlorous acid and tea tree oil

Artificial tears ²

In-Office and Prescription Treatments:

Prescription lid scrub

Oral or topical antibiotic – to be discussed with your eye care provider

Other eye drops – to be discussed with your eye care provider

Lid-pro and MiboFlow: In office procedures to open the meibomian glands

¹ – Specific name brands are given as examples only. The University of Iowa does not endorse any specific product and does not have any financial relationships with these manufacturers.

² – Please see dry eye handout for details