**Epidemiology**
- Prevalence, between 25 and 33% of the population
- More common in older people, but don't rule out kids

**Associated Signs**
- Conjunctival injection
- Lash distention
- Madarosis
- Cylindrical dandruff is **pathognomonic for demodex. CD means infestation.**
  – waste and dead bodies of the colony living in the follicle
- Telangiectasia
- Scalloped lid line
- Weak, brittle lashes
- Chalazia
Before and after 1 month of Cliradex bid. Note the improvement of the lid line and lash spacing.

Demodex types
- Brevis
  – shorter .2-.3mm
  – live in oil glands
  – harder to find
  – posterior blepharitis, chalazia, rosacea
  – solitary

(22 yo M)
- Folliculorum
  - longer .3-.4mm
  - find in clusters
  - live in follicle
  - anterior blepharitis, rosacea

Life cycle and stages
Treatment
-
Old treatment approach (*The Janitor*)

- Baby shampoo
- Lid scrubs
- Ointment
- Azasite
- no toxicity to mites

-New treatment approach (*The Exterminator*)

- Tea tree oil, in-office and at home
- Toxic to mites

Hands-on epilation and microscopic confirmation

- Pull lashes with cylindrical dandruff
- Techniques to prepare slide
- Magnification options
**In-office treatment**
- Review of in-office kits
  – Ocusoft Oust demodex kit

**Hands-on treatment**
- Tetravisc
- Apply tea tee oil to lash base
- Try to clear away CD
- Caution around the cornea
- Thorough saline rinse
- Check for any corneal staining

**Home treatment**
- Cliradex
- Cliradex Light
- Blephadex
- Avenova
- Use as a facial wipe
- bid x 1 month, follow to taper
**Practice Management**
-explanation to patients
-
“you have a very common condition, affecting about 25% of my patients. It’s caused by a small mite. Most people have SOME of these mites, you have TOO MANY and we need to reduce the population”.
-Take baseline photographs to monitor effectiveness of treatment, and to educate patients
-If mild, treat at home, Cliradex bid
-Recheck in one month
-If moderate to severe, treat in-office 3 times, one week apart. Support with bid use of Cliradex at home.
-Wash all linens on high heat.
-Discard makeup
-Evaluate family members
-Demonstrate use of products so patient knows what to expect
-Treat the face
The sensation of the wipes improves with time. The goal is to minimize the signs by REDUCING the mite population. ERADICATION is not a reasonable goal.

FOLLICULORUM:

ABOVE: BREVIS
CYLINDRICAL DANDRUFF, AND AFTER 30 MINUTES